Screening for prediabetes and diabetes is essential for addressing the diabetes epidemic in America.

You may be eligible for a simple, fast and free screening if you are:

- **Age 40 to 70 years** old, and are overweight or obese.
- Have 1 or more of these characteristics (regardless of age or weight):
  - Overweight or obese
  - A history of gestational diabetes or polycystic ovarian syndrome
  - Family history of diabetes
  - African American, Hispanic/Latino, American Indian, or Asian American or Pacific Islander

Through screening, we can identify...

Knowing is better, so that you can...

**Prediabetes**
- Be referred to diabetes prevention programs
- Lose weight
- Eat healthier foods
- Increase your physical activity

**Diabetes**
- Begin diabetes treatment with your health care provider
- Manage your diabetes
- Prevent complications
- Lead a healthy life

If you think you are at risk, talk to your health care provider about being screened.

Private health plans are required to cover diabetes screening and prevention programs at no cost beginning January 2017. www.diabetesadvocacyalliance.org/screening
Millions of Americans have diabetes and prediabetes and don’t even know it.

Nearly **86 million** Americans have **prediabetes**.

Over **75 million** of them **do not know it**.

Nearly **30 million** Americans have **diabetes**.

**8 million** of them are **undiagnosed**.

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For more information:

- **Prevent Diabetes STAT**
  - [www.doihaveprediabetes.org](http://www.doihaveprediabetes.org)
  - [www.askscreenknow.com](http://www.askscreenknow.com)

- [Ask Screen Know](http://www.askscreenknow.com)

- **SO...DO I HAVE PREDIABETES?**

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**Sources:**