



96 Million
Americans

OR



4 OUT OF 10 AMERICANS
OVER THE AGE OF 18 HAVE
PREDIABETES.

Lifestyle changes can reduce your risk of developing diabetes.
Try these diabetes prevention tips:



Be physically active



Get plenty of fiber



Go for whole grains



Skip fad diets

Take steps to reduce your risk of diabetes and manage your weight by enrolling in the Eat Right Now[®] program at [BeWellSHBP.com/Prediabetes](https://www.BeWellSHBP.com/Prediabetes).

Learn more helpful tips about reducing your risk of diabetes by speaking with a well-being health coach at **888-616-6411**.

Source: CDC.gov