



**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<sup>®</sup> 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