

Promoting the Prediabetes Self-Assessment Tool

Promote the prediabetes self-assessment tool on your company intranet, via email, or on social media with the language below. **Note: Link to prediabetes test <https://doihaveprediabetes.org/>

- Prediabetes is a condition in which blood sugar levels are higher than normal but not high enough for a diagnosis of diabetes. Having prediabetes increases your risk for developing type 2 diabetes and cardiovascular disease. Do you have prediabetes? Take the risk test [here](#).
- Did you know? If you have prediabetes, you have a 15-30% chance of developing diabetes within 5 years. But, unlike diabetes, prediabetes can be reversed with healthy lifestyle changes. Are you at risk for prediabetes? Take the test [here](#).
- (Insert graphic) Don't be a statistic. Do you have prediabetes? Take the risk test [here](#).



- Do your parents have type 2 diabetes? If so, you could be at greater risk for prediabetes. Click [here](#) to take the risk test now.
- Are you at risk for diabetes? Type 2 diabetes affects how your body uses blood sugar, or glucose. Glucose is the energy source for the cells that make up your muscles and tissues. It's also your brain's main source of fuel. If you have diabetes, it means you have too much glucose in your blood. This can cause serious health problems. Be in the know – click [here](#) to take the risk test.
- Diabetes is a condition in which your body is unable to use insulin properly to convert food sugar into energy. This causes high blood sugar levels - often called high blood glucose. The pancreas, the organ behind the stomach, produces insulin. Insulin is the hormone that takes nutrients and sugars from food cells and converts them to energy. Diabetes occurs when the body is unable to produce or efficiently use insulin. Are you at risk? Take the test [here](#).
- If you are at risk for diabetes, visit www.wellaheadla.com to learn about Diabetes Prevention Programs.