

# TURN AROUND YOUR HEALTH



## YOU CAN PREVENT TYPE 2 DIABETES

More than  
**1 out of 3 U.S.**  
adults has  
prediabetes.

9 out of 10  
people with  
prediabetes do  
not know they  
have it.

Prediabetes  
raises your risk  
of type 2 diabetes,  
heart disease,  
and stroke.

### Small changes can have big rewards!

Sign up for a **free** online diabetes prevention program to help lower your risk of type 2 diabetes and improve your health.

### You are eligible for this free program if:

- You are at least 18 years old **and**
- You are overweight **and**
- You have no previous diagnosis of type 1 or type 2 diabetes **and**
- You may have prediabetes or are at high risk for type 2 diabetes, Not sure? Check here: [doihaveprediabetes.org](http://doihaveprediabetes.org)

### OR

- You were previously diagnosed with gestational diabetes.

### Want to sign up?

Visit: [alive.turnaroundhealth.com](http://alive.turnaroundhealth.com)

**FREE** Promo Code: **Alaska49**

This program is supported by Cooperative Agreement Number DP006534, funded by the Centers for Disease Control and Prevention.

