

TURN AROUND YOUR HEALTH



YOU CAN PREVENT DIABETES

More than
1 out of 3 U.S.
adults have
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

OR

- You were previously diagnosed with gestational diabetes.**

Want to sign up?

VISIT: alive.turnaroundhealth.com

FREE PROMO CODE: Alaska2015

This publication was supported by the Cooperative Agreement Number, DP004792, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

