

PREDIABETES

1 IN 3
people have it



Are YOU at risk? --> Take This Quiz

Fast FACTS

- Many people with prediabetes have no symptoms
- If no action is taken, it's likely to become diabetes within 10 years
- With action, prediabetes can be reversed

Education & Support
AVAILABLE

Call a PEHP Health Coach today:
801-366-7300, option 2

PEHP
Health & Benefits