



Prediabetes? Not sure? Maybe? Take this 1 minute Prediabetes Risk Test.



86 million Americans have prediabetes...you might be one of them.



So let's take this test. It's so easy. Just count on your fingers. Or use the form below.

Let's get started!

Points

- Are you a man? If so, that's 1 point.
- Family history of diabetes? Add 1 point.
- High blood pressure? Add 1 point.
- Inactive? Add 1 point.
- Are you over the age of 60? Add 3 points.
 - Are you over the age of 50? Add 2 points.
 - Are you over the age of 40? Add 1 point.
- Are you over weight?
 - Very? Add 3 points.
 - Moderately? Add 2 points.
 - Somewhat? Add 1 point.

Y/N

TOTALS

Now what is your score? Is it 5 or more?

If the number is 5 or higher, then you may have prediabetes. HOWEVER, it can often be reversed. But you need to take the first step!

Speak with your healthcare professional. Make an appointment to get tested.

Form provided by: www.prediabetesawareness.org