

Do you Have Prediabetes?

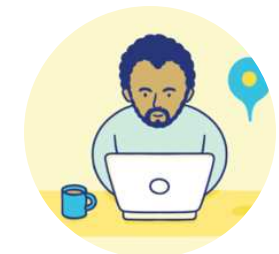
1 in 3 American Adults Has Prediabetes Do You?

- It's important to know where you stand, because with early diagnosis, prediabetes can often be reversed.
- Take the risk test to find out where you stand. [DoIHavePrediabetes.org](https://doihaveprediabetes.org)



Lower Your Risk

- When you join a National Diabetes Prevention Program, you'll learn how to make small changes to help improve lifestyle, which can help reverse prediabetes and prevent type 2 diabetes. Here's the good news: *it is possible with small steps to reverse prediabetes.*
- For more information or to find a program visit: <https://dphhs.mt.gov/publichealth/diabetes>.



Did you Know???

- You can earn a \$200 incentive for completing the National Diabetes Prevention Program through the Live Life Well Healthy Weight Incentive.
- This incentive is available annually to members of the State Plan and their covered spouse/domestic partner.
- For more information or questions please contact: HCBD at (800) 287-8266, (406) 444-7462, TTY (406) 444-1421, or benefitsquestions@mt.gov.

