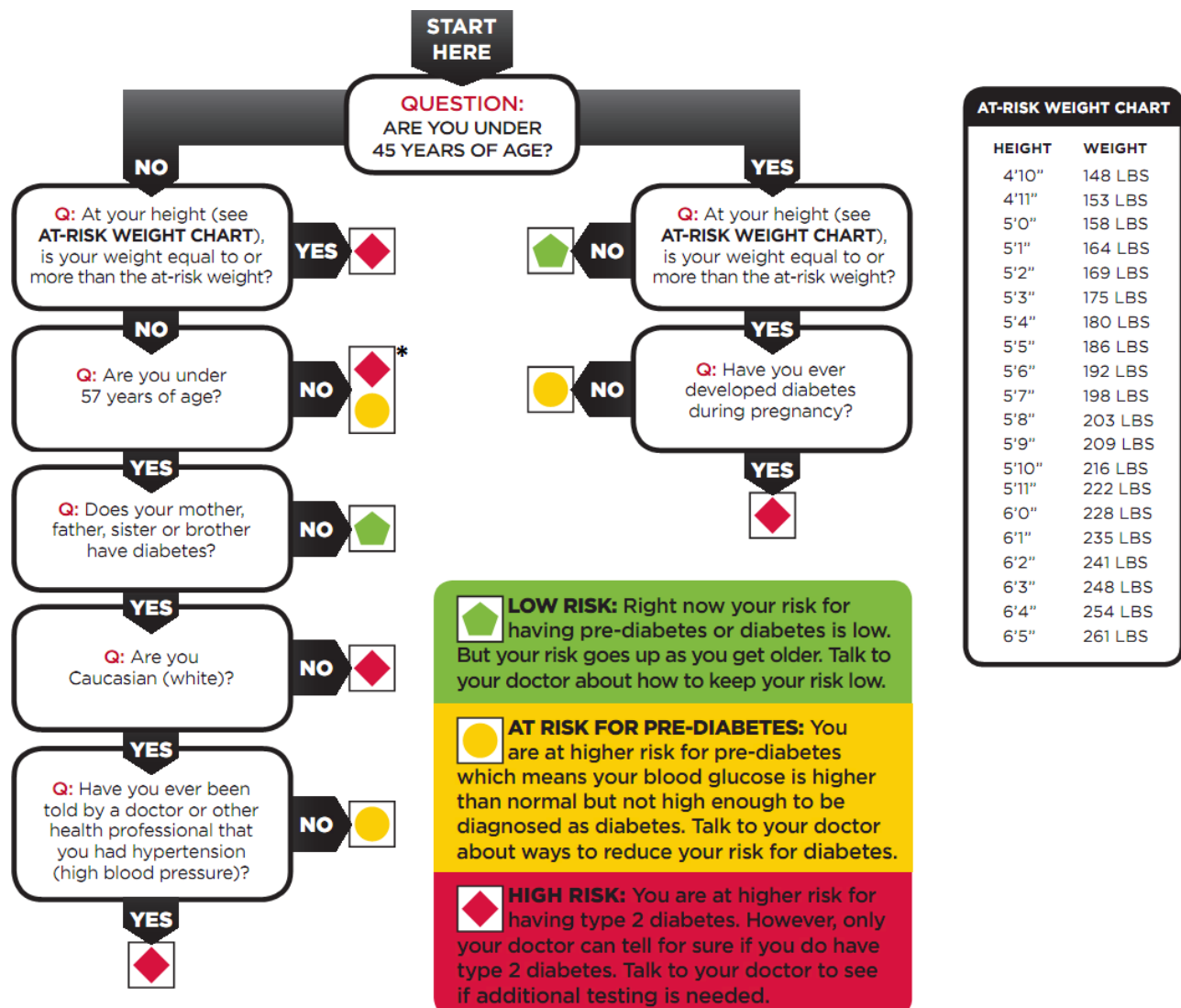


DIABETES RISK TEST ARE YOU AT RISK?

Calculate Your Chances for Type 2 or Pre-Diabetes

The American Diabetes Association has revised its Diabetes Risk Test according to a new, more accurate statistical model. The updates test includes some new risk factors, and projects risk for pre-diabetes as well as diabetes.

This simple tool can help you determine your risk for having pre-diabetes or diabetes. Using the flow chart, answer the questions until you reach a colored shape. Match that with a risk message shown below.



*Your risk for diabetes or pre-diabetes depends on additional risk factors including weight, physical activity and blood pressure.

Chart provided by the American Diabetes Association. www.diabetes.org/risktest