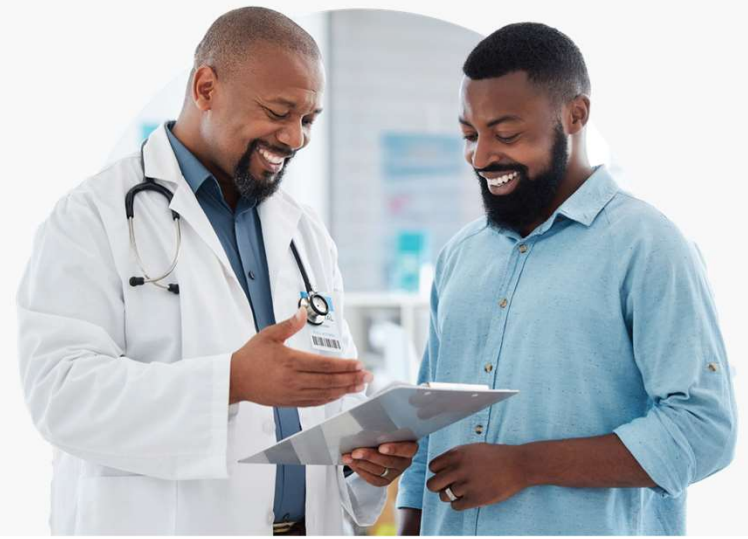




Prediabetes

What to Know

Prediabetes is when blood glucose (sugar) levels are higher than normal, but not high enough to be diagnosed as diabetes.

Schedule a Doctor's Appointment

A simple blood sugar test can help detect if you have prediabetes. Schedule an appointment with your doctor to get started. Your doctor may order one or more of the following tests:

Fasting plasma glucose test (FPG): This measures your blood sugar after an overnight fast (not eating).

An A1C Test: The A1C test shows your average blood glucose level over the past 3 months; the goal for most diabetics is below 7%*

Glucose Tolerance Test: This measures your blood sugar before and after you drink a liquid that contains glucose.

The results of these tests along with a thorough physical exam will help your doctor determine the severity of your prediabetes and whether medication is necessary.

Make Lifestyle Changes

Progression from prediabetes to type 2 diabetes is preventable. You can delay or prevent prediabetes from becoming type 2 diabetes with a few simple lifestyle changes.

Manage Your Weight

- ☐ Engage in moderate physical activity for least 30 minutes per day, rather than hours on the weekend – consistency is important to have a positive impact on your health.

Improve Your Nutrition

- ☐ Eat at regular intervals to keep your blood glucose level stable
- ☐ Choose more fiber-rich foods like vegetables and whole grains
- ☐ Avoid processed carbohydrates and saturated fats

Work with your health care team

- ☐ Ask your health care team about steps you can take to prevent type 2 diabetes.

Find support

- ☐ Get your friends and family involved by asking them to support your changes. You can also join a diabetes prevention program to meet other people who are making similar lifestyle changes.

These guidelines are provided by Center for Disease Control and Prevention (CDC) and are not intended to be substituted for advice given by a physician or licensed health-care professional.

Visit accessrga.com to log in to your member portal or if you have any questions, contact us by calling the Customer Care number on the back of your Member ID card.

*Content Sourced from the CDC <https://www.cdc.gov/diabetes/basics/prediabetes.html> and the National Institute of Health NIDDK <https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes>