



DIABETES PREVENTION AND CONTROL ALLIANCE™

IN AMERICA TODAY, DIABETES THREATENS 1 IN 3 PEOPLE.

Are you the one? Find out, and take action.

You may have heard about people diagnosed with type 2 diabetes being thirsty, tired or experiencing blurry vision. One of the reasons why diabetes is so dangerous is these symptoms rarely appear until it's too late.

And prediabetes, the condition that often precedes diabetes, has no symptoms, so the 79 million Americans who have prediabetes have no idea they are at risk. Prediabetes means blood glucose (sugar) levels are higher than normal, and anyone with this diagnosis is at a much higher risk of developing type 2 diabetes. Every year, 10% of those with prediabetes will convert to diabetes. Prediabetes is reversible; diabetes is forever.

Saint Louis University wants to help; we now offer the tools both to determine your risk and to do something about it. Watch for upcoming materials that help define your risk and talk about the Diabetes Prevention Program, a 16 session program which is proven to stop the conversion from prediabetes to diabetes as well as the Diabetes Control Program which assists those already diagnosed with diabetes better maintain their disease. Saint Louis University now offers this program to our employees and their adult dependents with UnitedHealthcare insurance.



**FIND OUT IF YOU
ARE AT RISK:**

**VISIT NOTME.COM TO
TAKE THE 30 SECOND
QUIZ OR CALL
888-688-4019 FOR
MORE INFORMATION**