

Turn the corner on diabetes

More than
1/3 of
American
adults are
on a path
to diabetes



It's not too late to reverse course

If you are overweight and have higher than normal blood sugar levels, modest weight loss through diet and exercise can reduce your risk of developing diabetes by more than 50 percent.

Take action today

Use the Health center on **umr.com** to enroll in the Diabetes Prevention action plan. The personal tutorial can help you learn about your risk factors and make healthy lifestyle choices.

Find more in the **health center** on **umr.com**



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