

**Prediabetes  
is a lot like**

**being inside out.**

**If you  
just knew,**

**you'd change it.**

If you have prediabetes, making a few small changes now can fix the high blood sugar that's damaging your health—before you develop type 2 diabetes.

Take the 1-minute risk test.

[PreventDiabetesWI.org](https://PreventDiabetesWI.org)



WISCONSIN DEPARTMENT  
of HEALTH SERVICES  
P-02737B (08/2020)