

DO YOU KNOW YOUR DIABETES RISK?

Through lifestyle changes—such as weight loss, healthy eating and exercise—it is possible for those at high risk for developing Type 2 diabetes to delay or prevent its onset.

Take the time to answer these simple questions to find out if you are at a high risk for developing diabetes.

To determine your level of risk, add the number of points in the parenthesis for every 'Yes' answer.

1. Do you have a parent with diabetes? (+1)
2. Do you have a sibling with diabetes? (+1)
3. Are you a woman who has ever given birth to a baby weighing over 9 pounds? (+1)
4. According to the chart below, do you weigh too much for your height? (+5)
5. Are you younger than 65, but get little to no daily exercise? (+5)
6. Are you between 45 and 65 years of age? (+5)
7. Are you 65 or older? (+9)

If you accumulated 10 or more points you could have a significant risk of developing prediabetes, a precursor to diabetes marked by higher than normal blood sugar levels. It is important that you speak with your health care provider about your unique medical situation so you can begin taking preventative steps.

Height	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"
Weight	128	132	137	142	146	151	156	161	166	171	176	181	187	192	198	203	209	215	220

Provided by: **Integrity Consulting Group**

104 Interchange Plaza, Suite 202

Monroe Township, NJ 08831

(888) 737-4313



INTEGRITY CONSULTING GROUP

Employee Benefits Specialists