

# Build healthy lifestyle habits that work for you

If you are not at your ideal weight, chances are you don't feel your best. But carrying even a few extra pounds can increase your risk for developing many conditions, including prediabetes.

## Lifestyle changes that fit your life

Feel better, have more energy, reduce stress, and lose weight. With coaching and the support of our community, you can build healthy habits that can last a lifetime.



The Retrofit<sup>SM</sup> online program and mobile app is a 52-week lifestyle change program that provides you with a digital scale and activity tracker to make it easy for you to track your progress on Retrofit's dashboard. The program is comprehensive, recognized by the Centers for Disease Control and Prevention (CDC), and available at no cost to you as part of your Highmark coverage if you meet the criteria on the CDC prediabetes screening tool.

## Get started today!

To learn more about this program and to see if you meet the program requirements:

- Log in to your member website at [highmarkbcbswv.com](http://highmarkbcbswv.com).
- Click on **Diabetes Prevention**.
- Click on the **Retrofit** link.

Please note that in-person programs at the YMCA are also covered but are not available at all locations at this time in West Virginia.

With the Retrofit<sup>SM</sup> program, you'll get:

Expert coaching



Thirty-one engaging lessons



Support of a community of individuals just like you



# CDC Prediabetes Screening Test

One in three American adults has prediabetes, and most don't know they have it! Prediabetes can lead to diabetes, which has no cure. But prediabetes can be reversed with the right lifestyle changes.

## Could you have prediabetes?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs.

Take the first step. Find out your risk for prediabetes.

## Take the test — know your score.

Answer these seven simple questions. For each "Yes" answer, add the number of points listed. All "No" answers are zero (0) points.

- | Yes                      | No                       |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Are you a woman who has had a baby weighing more than 9 pounds at birth?                               |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a sister or brother with diabetes?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a parent with diabetes?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Find your height on the chart. Do you weigh as much as or more than the weight listed for your height? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you younger than 65 years of age and get little or no exercise in a typical day?                   |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you between 45 and 64 years of age?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you 65 years of age or older?  |



## Add your score and check below to see what it means.

YES	NO
1	0
1	0
1	0
5	0
5	0
5	0
9	0

AT-RISK WEIGHT CHART			
Height	Weight*	Height	Weight*
4'10"	129	5'8"	177
4'11"	133	5'9"	182
5'0"	138	5'10"	188
5'1"	143	5'11"	193
5'2"	147	6'0"	199
5'3"	152	6'1"	204
5'4"	157	6'2"	210
5'5"	162	6'3"	216
5'6"	167	6'4"	221
5'7"	172		

\*Weight in pounds

### If your score is 3 to 8 points

This means your risk is probably low for having prediabetes now. Keep your risk low. If you're overweight, lose weight. Be active most days, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your doctor about your risk for type 2 diabetes.

### If your score is 9 or more points

This means your risk is high for having prediabetes now. Talk to your doctor and consider enrolling in the Diabetes Prevention Program.

Highmark Blue Cross Blue Shield West Virginia is an independent licensee of the Blue Cross and Blue Shield Association.

Retrofit is an independent company that does not provide Blue Cross and/or Blue Shield products or services. Retrofit is solely responsible for its products and services.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。