
More than 1 in 3 American adults has prediabetes.*

Many don't know they have it.

If your blood sugar level is higher than normal — but isn't high enough to be diagnosed as diabetes — you may have prediabetes.

Luckily, prediabetes can be detected and treated. Take action early and lower your chances of getting type 2 diabetes later in life.



Because Life.™

This is intended to provide general information only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider regarding your medical condition(s). Coverage for medical services described herein is subject to the terms of your health plan benefit agreement and network coverage varies by plan. Check your member materials for details. Benefits and/or benefit administration may be provided by or through the following entities, which are independent licensees of the Blue Cross Blue Shield Association:

Benefits and/or benefit administration may be provided by or through the following entities, which are independent licensees of the Blue Cross Blue Shield Association:

Central and Southeastern PA: Highmark Inc. d/b/a Highmark Blue Shield, Highmark Benefits Group Inc., Highmark Health Insurance Company, Highmark Choice Company or Highmark Senior Health Company. **Your plan may not cover all your health care expenses. Read your plan materials carefully to determine which health care services are covered. For more information, call the number on the back of your member ID card or, if not a member, call 866-459-4418.**

Northeastern NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Shield.

All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies.

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.

Pennsylvania, Delaware, West Virginia, and New York: 1-833-521-1424 (TTY: 711)

ATENCIÓN: Si habla español, tiene servicios de asistencia lingüística sin cargo. Llame al número correspondiente a su estado de residencia.

注意：如果您说中文，您可获得免费的语言援助服务。请拨打您所在州相应的电话号码。

Stop diabetes before it starts.

Take our prediabetes risk quiz
and take control of your health.



Because Life.™

Prediabetes Risk Quiz

There are many factors that could cause prediabetes. Take the quiz below to see if you are at risk.*

Questions	Points
1. How old are you? Younger than 40 years (0 points) 40 – 49 years (1 point) 50 – 59 years (2 points) 60 years or older (3 points)	
2. Are you a man or a woman? Man (1 point) Woman (0 points)	
3. If you are a woman, have you ever been diagnosed with gestational diabetes? Yes (1 point) No (0 points)	
4. Do you have a mother, father, sister, or brother with diabetes? Yes (1 point) No (0 points)	
5. Have you ever been diagnosed with high blood pressure? Yes (1 point) No (0 points)	
6. Are you physically active? Yes (0 points) No (1 point)	
7. What is your weight category? (See chart at right)	
Total	

*According to the Centers for Disease Control and Prevention.

Adapted from Bang et al. Development and validation of a patient self-assessment score for diabetes risk. Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

How prediabetes is diagnosed

Talk to your doctor if you received 5+ points on the Risk Quiz, or if you have additional risk factors such as family history or being overweight. Your doctor may then schedule one of three available blood tests to screen for prediabetes.

Height	Weight (lbs.)		
4'10"	119 – 142	143 – 190	191+
4'11"	124 – 147	148 – 197	198+
5'0"	128 – 152	153 – 203	204+
5'1"	132 – 157	158 – 210	211+
5'2"	136 – 163	164 – 217	218+
5'3"	141 – 168	169 – 224	225+
5'4"	145 – 173	174 – 231	232+
5'5"	150 – 179	180 – 239	240+
5'6"	155 – 185	186 – 246	247+
5'7"	159 – 190	191 – 254	255+
5'8"	164 – 196	197 – 261	262+
5'9"	169 – 202	203 – 269	270+
5'10"	174 – 208	209 – 277	278+
5'11"	179 – 214	215 – 285	286+
6'0"	184 – 220	221 – 293	294+
6'1"	189 – 226	227 – 301	302+
6'2"	194 – 232	233 – 310	311+
6'3"	200 – 239	240 – 318	319+
6'4"	205 – 245	246 – 327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Scan the QR code to learn more about diabetes prevention.



Based on your score ...

0 – 4 Points

You're likely at low risk for prediabetes. Keep eating well and exercising regularly to stay healthy. However, if you have high blood pressure, high cholesterol, or another similar condition, talk to your doctor about your prediabetes risk.

5+ Points

You're at high risk for prediabetes. Make an appointment with your doctor to have a health assessment and schedule testing.

You can reverse prediabetes.

If you're diagnosed with prediabetes, you can reverse the outcome through daily lifestyle changes. Follow these recommendations from the American Diabetes Association:

- **Stay active:** Try to do 30 minutes of activity five days per week. Something as simple as brisk walking can lower your risk.
- **Lose weight, if needed:** Studies show that even small weight loss, 5 – 7% of your weight, can delay or prevent diabetes. (That's just 10 – 14 pounds for a 200-pound person.)
- **Eat well:** Make fruits and veggies a big part of your diet. For healthy eating tips, check out choosemyplate.gov.
- **Stop smoking:** Smoking can cause insulin resistance, which can lead to type 2 diabetes. Talk to your doctor about help for quitting smoking.

These are general guidelines. Talk to your health care provider for recommendations.