

**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



WISCONSIN DEPARTMENT
of HEALTH SERVICES

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