

**Prediabetes
is a lot like**

**misplacing your
coffee.**



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

**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.

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WISCONSIN DEPARTMENT
of HEALTH SERVICES

P-02738 (08/2020)