

**Prediabetes
is a lot like**

misplacing your coffee.

A red car is shown from a side profile, with a coffee cup balanced on its roof. The background is a blurred autumn forest. The text is overlaid on the image in white and green boxes.

**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
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