



**Prediabetes  
is a lot like**

**leaving the tags on.**

**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](https://PreventDiabetesWI.org)



WISCONSIN DEPARTMENT  
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