



Know your diabetes risk

Did you know that as an adult living in Hawaii, you have a 50% chance of having either diabetes or prediabetes? The good news is that diabetes can be reversed with healthy habits and lifestyle changes. Here are three easy steps you can take to prevent or reverse diabetes:



1. Know your risk. Take the diabetes risk test at cdc.gov/diabetes/takethetest.



2. Talk to your doctor about your results. Schedule a visit with your primary care provider or connect via telehealth. Remember that you get an annual preventive health evaluation at no additional cost when you see a PCP in HMSA's network.



3. Take advantage of your HMSA plan benefits. As an HMSA member, you have access to the Diabetes Prevention Program at no additional cost. This CDC-recognized lifestyle change program will connect you to a health care professional who can help you lower your risk of developing type 2 diabetes by more than half. Get lessons, handouts, group support, and resources that will help you get and stay on track. To learn more about the program, visit hmsa.com/preventdiabetes.

Not yet ready to sign up for the Diabetes Prevention Program?

Connect with an HMSA health coach to set nutrition, exercise, and stress and weight management goals customized for you. Visit hmsa.com/well-being/health-coaching/ or call 1 (855) 329-5461, Monday through Friday, 8 a.m. to 5 p.m.



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National Kidney Foundation of Hawaii • (808) 589-5906
KTA Puainako Pharmacy – Hilo • (808) 959-8700



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