



Are you at risk for diabetes?

In Hawaii, nearly half of all adults are living with diabetes or prediabetes and many don't even know it. Are you one of them?

You may be at higher risk if you have high blood pressure, are overweight, or have a parent or sibling with diabetes.

The good news is that you can prevent type 2 diabetes with small, healthy changes to your daily routine. On the next page, follow three easy steps to see if you're at risk and what you can do to prevent diabetes.



An Independent Licensee of the Blue Cross and Blue Shield Association

Take these three easy steps:



1. Know your risk - take the one-minute test.

To see if you're at risk, take the test on the following page or at cdc.gov/diabetes/takethetest.



2. Talk to your doctor about your results.

Schedule a visit with your primary care provider (PCP) or connect using telehealth to discuss your results. You get an in-person annual preventive care visit at no cost when you see a PCP in HMSA's network.



3. Take action and join a diabetes prevention program.

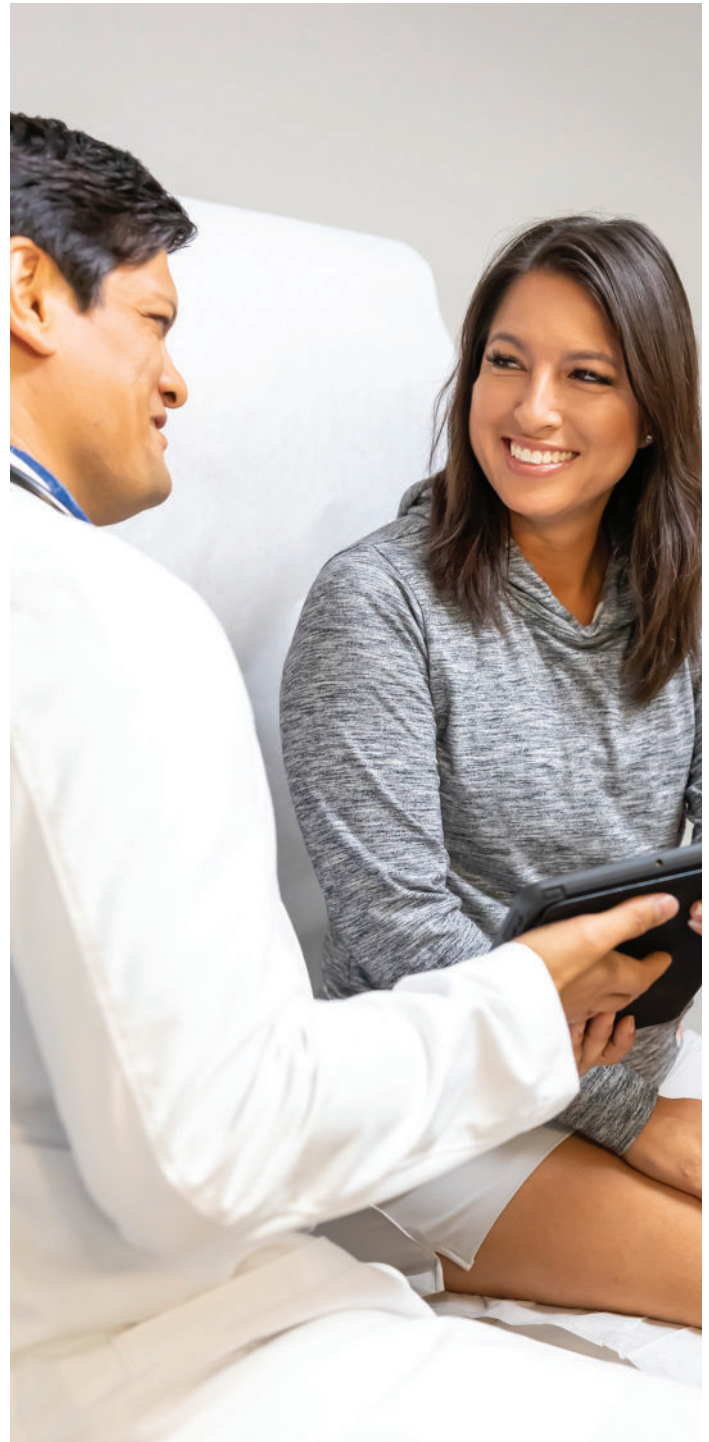
As an HMSA member, you have access to programs like the **Diabetes Prevention Program** at no cost. This program will connect you to a qualified health care professional who can help you lower your risk of developing type 2 diabetes by more than half. Get lessons, handouts, group support, and resources that will help you get and stay on track. This program is recognized by the U.S. Centers for Disease Control & Prevention.

Start today

Visit hmsa.com/preventdiabetes. Or call one of these participating providers:

- Queen's Medical Center West Oahu
(808) 691-3370
- National Kidney Foundation of Hawaii
(808) 589-5905
- KTA Puainako Pharmacy
(808) 959-8700

The HMSA Diabetes Prevention Program is currently covered under EUTF Active Plans and Medicare. This program will be available to EUTF Retiree plans starting Jan. 1, 2026. Check your Guide to Benefits for your specific plan benefit.



Want to talk to a health coach?

Connect with an HMSA health coach to set nutrition, exercise, and stress and weight management goals customized just for you at no cost.

Visit hmsa.com/healthcoaching or call 1 (855) 329-5461, option 1, Monday through Friday, 8 a.m. to 5 p.m.

Prediabetes Risk Test

NATIONAL
DIABETES
PREVENTION
PROGRAM

1. How old are you?

Younger than 40 years (0 points)
40–49 years (1 point)
50–59 years (2 points)
60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6. Are you physically active?

Yes (0 points) No (1 point)

7. What is your weight category?

(See chart at right)

Total score:

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent type 2 diabetes through a **CDC-recognized lifestyle change program** at cdc.gov/prediabetes/risktest/index.html.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



Serving you

Meet with knowledgeable, experienced health plan advisers. We'll answer questions about your health plan, give you general health and well-being information, and more. Hours of operation may change. Please go to hmsa.com/contact before your visit.

HMSA Center in Honolulu

818 Keeaumoku St.

Monday–Friday, 8 a.m.–5 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center in Pearl City

Pearl City Gateway | 1132 Kuala St., Suite 400

Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center in Hilo

Waiakea Center | 303A E. Makaala St.

Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center in Kahului

Puunene Shopping Center | 70 Hookele St., Suite 1220

Monday–Friday, 8 a.m.–5 p.m. | Saturday, 9 a.m.–1 p.m.

HMSA Center in Lihue

Kuhio Medical Center | 3-3295 Kuhio Highway, Suite 202

Monday–Friday, 8 a.m.–4 p.m.

Contact HMSA. We're here with you.

Call (808) 948-6079 or 1 (800) 776-4672.

hmsa.com/eutf

     @hmsahawaii

Together, we improve the lives of our members and the health of Hawaii.
Caring for our families, friends, and neighbors is our privilege.



An Independent Licensee of the Blue Cross and Blue Shield Association