

Do you have questions?

Call our 24-hour Nurse Advice Line.
We are here to help you.



English:

(888) 275-8750

Español:

(866) 648-3537

TTY/TDD:

711

Distributed by Molina Healthcare.
All material in this brochure is for
information only. It does not replace
your provider's advice.

To get this information in other
languages and accessible formats,
please call Member Services. This
number is on the back of your
Member ID card.

MolinaHealthcare.com



Prediabetes

Diabetes



MolinaHealthcare.com



24329BROMDCAEN
201211

What is prediabetes?

People with prediabetes have higher than normal blood glucose (blood sugar) levels. If untreated, prediabetes can lead to diabetes. Diabetes is a very serious chronic health condition that can lead to many health problems.

How do you know if you have prediabetes?

Some people never develop symptoms. The best way to know if you have prediabetes is by a simple blood test your provider can give you. You are at risk if you are overweight, you smoke and your blood pressure and cholesterol levels are high.

What can you do to reduce your risk of getting prediabetes?

- Maintain a healthy weight. Losing even 10-20 pounds can make a big difference!
- Eat a healthy diet that includes lots of fruits and vegetables, whole grains, lean meats and fish, and beans.
- Exercise 20-30 minutes every day.
- Quit smoking.
- Take medicine as prescribed by your provider.



Talk with your provider to see if you have prediabetes.

You can reduce your risk and prevent diabetes.