

TURN AROUND YOUR HEALTH



YOU CAN PREVENT DIABETES

More than
1 out of 3 U.S.
adults have
prediabetes.

9 out of 10
people with
prediabetes do
not know they
have it.

Prediabetes
raises your risk
of type 2
diabetes, heart
disease, and
stroke.

Small changes can have big rewards!

Sign up for a **free** online diabetes prevention program to help lower your risk of type 2 diabetes and improve your health.

You are eligible for this **free** program if:

- You are at least 18 years old **and**
- You are overweight **and**
- You have no previous diagnosis of type 1 or type 2 diabetes **and**
- You may have prediabetes or are at high risk for type 2 diabetes

Not sure? Check here: doihaveprediabetes.org

OR

- You were previously diagnosed with gestational diabetes.

Want to sign up?

VISIT: alive.turnaroundhealth.com

FREE PROMO CODE: Alaska2015

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