

# Prediabetes Management

## Prediabetes is reversible!

Prediabetes means that your blood sugar is higher than the normal value, but not high enough to be diagnosed with diabetes. Without lifestyle changes, people with prediabetes are very likely to progress to Type 2 Diabetes. Behavioral changes, such as making dietary modifications and increasing physical activity, can help get your blood sugar back into the normal range.

For assistance with prediabetes, contact **ConnectCare3** at 877-223-2350 or [info@connectcare3.com](mailto:info@connectcare3.com)

## HEALTHY EATING

Mix fresh vegetables, fruits, and whole grains into your everyday diet. Skip the fried foods and opt for grilled, baked, or steamed options.



## WEIGHT MANAGEMENT

Managing your weight can result from a combination of eating healthier and increasing activity. Losing just 5-7% of your body weight can help reverse and/or manage your prediabetes diagnosis.



## GET ACTIVE

You should strive to get at least 2.5 hours of moderate-intensity activities per week. If you break that down, it is a little more than 20 minutes every day!

