

A healthy and active life
can help prevent diabetes



What you don't know can't hurt you...

It can if you have undetected diabetes.

- Diabetes can develop gradually, often with no symptoms
- About a third of the 17 million adults and children affected by diabetes don't know they have it
- Left untreated, diabetes can damage almost every major organ in your body
- If you are at risk for diabetes, have a fasting blood glucose test starting at age 45. If test results are normal, repeat the test every three years.*

Check your benefits booklet to determine if your health plan coverage pays for this type of screening.



**BlueCross BlueShield
of Illinois**

*American Diabetes Association

40526.0307L