

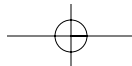
You can't change the past



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But the future's still ahead of you, especially when it comes to **protecting your health against type 2 diabetes.**

Research studies show that maintaining a healthy weight, staying active most days of the week and eating low-fat meals that are high in fruits, vegetables and whole grain foods can prevent or delay the onset of type 2 diabetes.*

It's also important to assess your risk factors for developing the condition, which include aging, obesity, family history of diabetes, prior history of gestational diabetes, impaired glucose tolerance, physical inactivity, and race or ethnicity.

There's no time like the present. Adopt healthy changes now and make type 2 diabetes a thing of the past.

**Source: American Diabetes Association*