

9 in 10 Americans Don't Know They Have Prediabetes

Could you be one of them?

 sharecare

Reduce your risk with the Scale Back program

What is prediabetes?

Having prediabetes means your blood glucose (sugar) levels are higher than normal. Without intervention, many people with prediabetes could develop type 2 diabetes within five years.

Fortunately, science-based diabetes prevention programs like Scale Back can cut your risk of developing diabetes in half, help you feel more energetic and improve your overall health.

How can I learn more?

Take the online assessment to determine if you're at risk. Log in to, or create your Sharecare account at carefirst.com/sharecare. Navigate to the *Achieve* section, select *Programs*, then click *Scale Back*.

Questions? Call Sharecare support at 877-260-3253.



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