

Understanding prediabetes: early detection, lasting prevention

Did you know? More than two in five U.S. adults have prediabetes, and approximately 80% don't know they have it.

Prediabetes occurs when blood sugar levels are higher than normal but not yet high enough for a diagnosis of type 2 diabetes. Without intervention, **prediabetes can increase the risk of developing type 2 diabetes, heart disease, and stroke.**

At Excellus BlueCross BlueShield, we care about our members' health and wellbeing. This month's webinar will provide practical strategies to help you understand your risk, detect prediabetes early, and take steps to support your long-term health.



Join us for this engaging 45-minute webinar hosted by Excellus BCBS Case Manager and Certified Diabetes Care and Education Specialist (CDCES), **Amanda Cheehan**. You'll learn:

- What prediabetes is and how it affects the body
- Risk factors and how to know if you're at risk
- Preventing diabetes through nutrition, exercise and medication
- Additional benefits and resources to support your wellbeing*

When our members have the knowledge, tools, and support to prioritize their health and wellbeing, everybody benefits.

Webinar date: Thursday, November 19

Webinar time: Noon - 12:45 p.m.



To register for the upcoming webinar, please scan the QR code or click [here](#).

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Everybody Benefits

*Availability of benefits and coverage varies by contract.
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