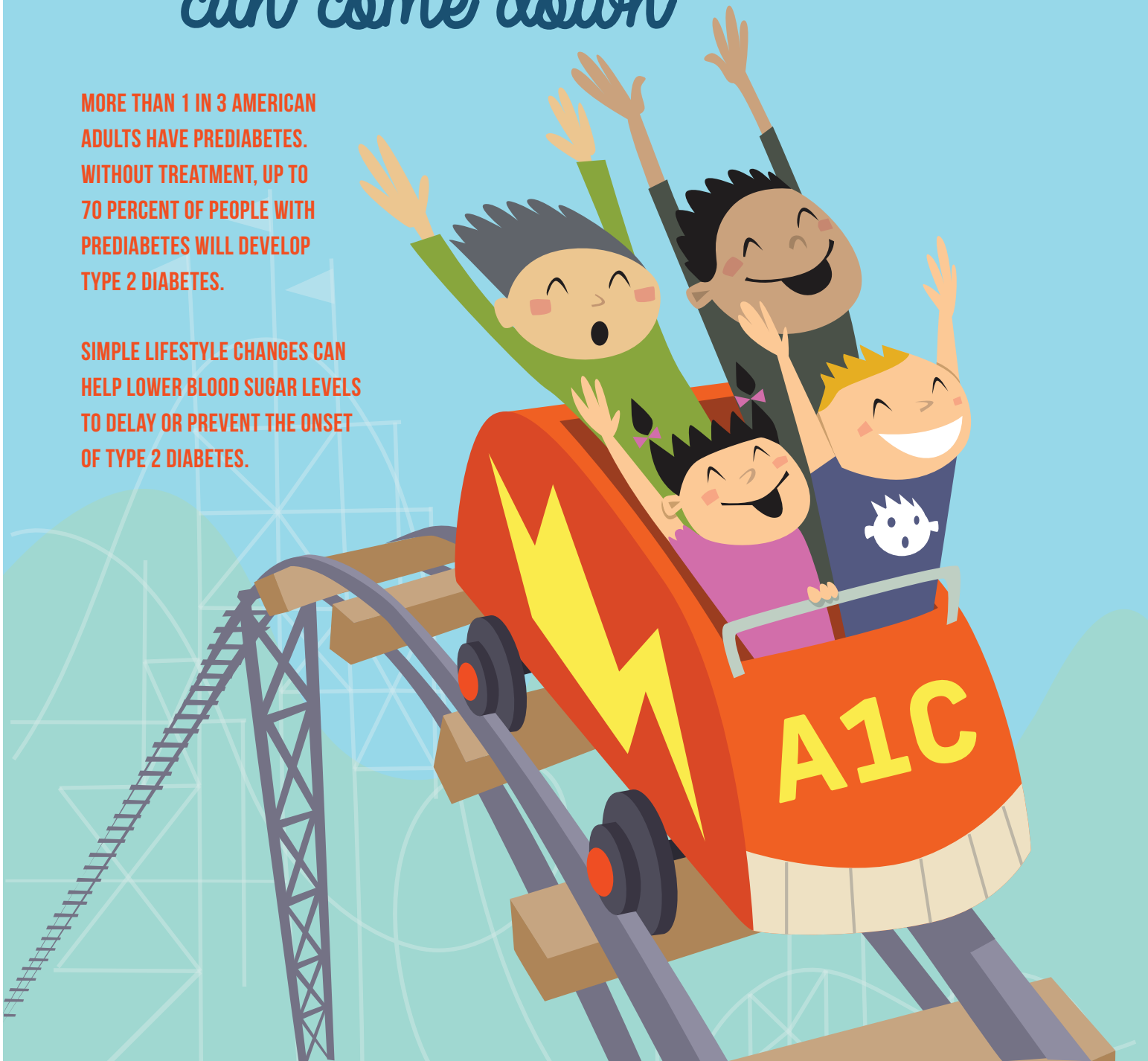


WHAT GOES UP *can come down*

MORE THAN 1 IN 3 AMERICAN ADULTS HAVE PREDIABETES. WITHOUT TREATMENT, UP TO 70 PERCENT OF PEOPLE WITH PREDIABETES WILL DEVELOP TYPE 2 DIABETES.

SIMPLE LIFESTYLE CHANGES CAN HELP LOWER BLOOD SUGAR LEVELS TO DELAY OR PREVENT THE ONSET OF TYPE 2 DIABETES.



Check out the Live Healthy section of www.BlueChoiceSC.com.



BlueChoice HealthPlan is an independent licensee of the Blue Cross Blue Shield Association.

219910BCHP-12-2024