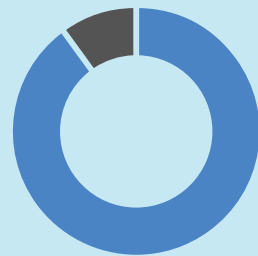


LET'S DROP DIABETES



MORE THAN
1 IN 3
AMERICAN ADULTS
HAVE PREDIABETES.



OF THOSE WITH
PREDIABETES,
90 PERCENT
DON'T KNOW
THEY HAVE IT.



TYPE 2
DIABETES DEVELOPS
OVER MANY YEARS.



THE CENTERS FOR DISEASE CONTROL
AND PREVENTION RECOMMENDS THAT
PEOPLE WITH PREDIABETES:

**GET 150 MINUTES OF
PHYSICAL ACTIVITY
A WEEK.**

THAT'S 30 MINUTES A DAY,
FIVE DAYS A WEEK.

**LOSE 5 – 7 PERCENT OF
THEIR BODY WEIGHT.**

THAT'S 10 TO 14 POUNDS FOR A
200-POUND PERSON.



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

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