

Could you be prediabetic?

Take this assessment to find out

Prediabetes means your blood sugar is higher than normal, but not yet high enough to be diagnosed as diabetes. Many people who have prediabetes don't even know it. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure and loss of lower limbs.¹ Lifestyle changes can help prevent or delay prediabetes from turning into diabetes. Take the first step — find out your risk!

Risk assessment

Answer these simple questions. For each “yes” answer, add the number of points listed. All “no” answers have zero points.

- | | | |
|--|----------------------------------|---------------------------------|
| 1. Have you given birth to a baby weighing more than nine pounds? | <input type="checkbox"/> Yes = 1 | <input type="checkbox"/> No = 0 |
| 2. Do you have a sibling with diabetes? | <input type="checkbox"/> Yes = 1 | <input type="checkbox"/> No = 0 |
| 3. Do you have a parent with diabetes? | <input type="checkbox"/> Yes = 1 | <input type="checkbox"/> No = 0 |
| 4. Find your height on the chart below. Do you weigh as much or more than the weight listed for your height? | <input type="checkbox"/> Yes = 5 | <input type="checkbox"/> No = 0 |
| 5. Are you younger than 65 and get little to no exercise? | <input type="checkbox"/> Yes = 5 | <input type="checkbox"/> No = 0 |
| 6. Are you between 45 and 64 years old? | <input type="checkbox"/> Yes = 5 | <input type="checkbox"/> No = 0 |
| 7. Are you over 65? | <input type="checkbox"/> Yes = 9 | <input type="checkbox"/> No = 0 |

Check your score

3 to 8 points: Your risk for having prediabetes is probably low. To keep your risk low, maintain a healthy weight, get exercise and don't use tobacco. Eating low-fat meals with fruits, vegetables and whole-grain foods also can reduce your risk.² If you have high cholesterol or high blood pressure, talk to your doctor about your risk for type 2 diabetes.

9 or more points: Your risk for having prediabetes is high. Please make an appointment soon with your doctor to talk about lifestyle changes, possible medications and get advice on how to avoid or even potentially reverse this condition.

How to get tested for diabetes

See your health care provider. If you don't have one, visit anthem.com to find a provider near you.

AT-RISK WEIGHT CHART	
Height	Weight (pounds)
4'10"	129
4'11"	133
5'	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221



1 International Diabetes Federation website: Complications of Diabetes (accessed May 2015): idf.org.
2 International Diabetes Federation website: Prevention (accessed May 2015): idf.org.

