

You Have the Power To Fight Diabetes.

Three changes you can make to prevent or control diabetes.

Research shows that you can lower your risk for type 2 diabetes by 58% by:

- 1** Losing just 7% of your body weight
- 2** Exercising moderately (such as brisk walking) 30 minutes a day, five days a week
- 3** Eating a healthy, balanced diet



Visit [anthem.com/ca](https://www.anthem.com/ca) to find more information on preventing or managing diabetes.