

# Prediabetes?

*We can help with that.*



Did you know healthy eating and exercise can reverse prediabetes? Even a small weight loss can lower your risk for developing type 2 diabetes. Your health plan includes Diabetes Care—powered by Onduo—a program that gives you the tools and personal coaching to help improve your health.

## You're at risk for prediabetes if you're:



- Overweight
- 45 years old or older
- Have a parent or sibling with type 2 diabetes
- Don't exercise 3 or more times a week
- Have polycystic ovary syndrome or gestational diabetes



## With Diabetes Care, you'll get:



- Easy meal and nutrition tracking in the Health Weight app
- Nutrition and lifestyle coaching from your personal coach
- Healthy challenges to help you eat right and move more

And it's all included in your health plan at no extra cost to you.

Visit [join.onduo.com/BlueAdvantage](https://join.onduo.com/BlueAdvantage) to sign up today!



**BlueAdvantage  
Administrators of Arkansas**

An Independent Licensee of the Blue Cross and Blue Shield Association

Onduo LLC is an independent company that offers diabetes health management for eligible members of BlueAdvantage Administrators of Arkansas, licensees of the Blue Cross and Blue Shield Association.