



4 ways to lower your risk of diabetes

Many people don't realize they have type 2 diabetes, a disease that causes blood sugar levels to rise above normal. Here are four steps to reduce your risk:

- > Lower your body weight by just 5 percent to see improvements.
- > Get at least 50 minutes of moderate exercise three times a week.
- > Control your blood pressure to take strain off your heart.
- > Manage cholesterol levels through a nutritious eating plan and by taking medication if necessary.

Diabetes awareness MARCH

For additional support, Moda Health offers a free one-on-one health coaching program called X

To talk with a health coach, call 877-277-7281 or email careprograms@modahealth.com. (TTY users, please dial 711.)

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