

TAKE CHARGE *of your* HEALTH

More than **four out of five**
prediabetic people are
totally unaware they are at risk!
Getting ahead of diabetes is
as simple as taking an online
risk assessment.

TAKE THE DIABETES RISK ASSESSMENT:

NEHealthMatters.org



**“It's scary to know
your risk, **but**
you have to take
that leap.”**

CAMILLA BARAJAS

After she was diagnosed with diabetes, **Camilla took control of her health by making basic lifestyle changes that helped her drop 33 pounds** and culminated in normal lab results.

TAKE THE DIABETES RISK ASSESSMENT:
NEHealthMatters.org

