

TAKE CHARGE *of your* HEALTH

When left untreated, **one out of three people with prediabetes will develop diabetes** within five years. Getting ahead of diabetes is as simple as taking an online risk assessment.

TAKE THE DIABETES RISK ASSESSMENT:

NEHealthMatters.org



“You don’t have to be scared, but you have to take action **to prevent diabetes.”**

FERNANDO LOPEZ

Fernando’s view on diabetes changed when he was diagnosed with diabetes - **he now understands the importance of diabetes prevention.**

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