

# DON'T SUGARCOAT THE RISK OF DIABETES.

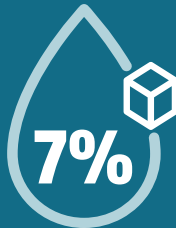


Americans with diabetes



**38%**

American adults who have prediabetes



Most adults with diabetes should aim for an A1C level below this



Body weight most people should lose to lower diabetes risk



Recommended servings of fruits and vegetables each day

Learn more in the Live Healthy section of [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com).

