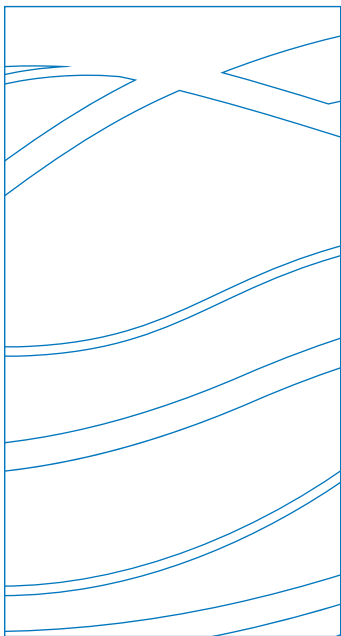


Know your diabetes risk



Did you know that adults in Hawaii have a 50% chance of having either diabetes or prediabetes?

The good news is that you can prevent type 2 diabetes with healthy habits and lifestyle changes. Here are three easy steps you can take to prevent or reverse diabetes:



1. Know your risk. Take the diabetes risk test at cdc.gov/diabetes/takethetest.



2. Talk to your doctor about your results.

Schedule a visit with your primary care provider (PCP) or connect using telehealth. You get an annual preventive health evaluation at no cost when you see a PCP in HMSA's network.



3. Take advantage of your HMSA plan benefits.

As an HMSA member, you have access to the Diabetes Prevention Program at no cost. This program will connect you to a health care professional who can help you lower your risk of developing type 2 diabetes by more than half. Get lessons, handouts, group support, and resources that will help you get and stay on track. This program is recognized by the U.S. Centers for Disease Control & Prevention.

To learn more, visit hmsa.com/preventdiabetes.

Or call one of our participating providers below:

- Queen's Medical Center
West Oahu: (808) 691-3370
- National Kidney Foundation
of Hawaii: (808) 589-5905
- KTA Puainako Pharmacy:
(808) 959-8700

Want to talk to a health coach?

Connect with an HMSA health coach to set nutrition, exercise, and stress and weight management goals customized for you.

Visit hmsa.com/well-being/health-coaching/ or call 1 (855) 329-5461, option 1, Monday through Friday, 8 a.m. to 5 p.m.

