

# TURN AROUND YOUR HEALTH



## YOU CAN PREVENT DIABETES

More than  
1 out of 3 U.S.  
adults have  
prediabetes.

9 out of 10  
people with  
prediabetes do  
not know they  
have it.

Prediabetes  
raises your risk  
of type 2  
diabetes, heart  
disease, and  
stroke.

### Small changes can have big rewards!

Sign up for a **free** online diabetes prevention program to help lower your risk of type 2 diabetes and improve your health.

### You are eligible for this **free** program if:

- You are at least 18 years old and**
- You are overweight and**
- You have no previous diagnosis of type 1 or type 2 diabetes and**
- You may have prediabetes or are at high risk for type 2 diabetes**

Not sure? Check here: [doihaveprediabetes.org](http://doihaveprediabetes.org)

**OR**

- You were previously diagnosed with gestational diabetes.**

### Want to sign up?

**VISIT:** [alive.turnaroundhealth.com](http://alive.turnaroundhealth.com)

**FREE PROMO CODE:** Alaska2015

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