



Wondering about
your risk for diabetes?
**Ask your
provider to
order a simple
blood sugar test.**

Higher sugar levels are more common than you may think. Why get tested, and what you can do to lower yours today.

Your glucose or blood sugar levels help determine if you're in a healthy range or at risk of diabetes. Diabetes is a serious condition, which according to the CDC affects about 37 million Americans, with 1 in 5 not knowing they have it. When not treated, diabetes can cause other serious health issues like heart disease, chronic kidney disease, and vision problems.

How to get your blood sugar tested

Getting tested is a simple blood test. Talk to your primary care provider (PCP) about when you should have your blood sugar tested.

Ways to help support healthy blood sugar levels today*

If you think your glucose level may be on the higher side, simple steps today can help to reduce your count and the risk of pre-diabetes or diabetes.

- Maintain a healthy diet, which includes foods rich in nutrients (like vegetables) and low in sugar.
- Get moving! Exercise in any form is good for you, including dancing and gardening at home.

Learn more about pre-diabetes and type 1 and 2 diabetes

Knowing about these conditions and what you can do to prevent pre-diabetes and type 2 diabetes is key! You'll find reliable information at [cdc.gov/diabetes](https://www.cdc.gov/diabetes) and the American Diabetes Association at [diabetes.org](https://www.diabetes.org). Talking with your PCP also helps you to learn what's most important for you.

*Always consult with your medical providers about any significant changes to your personal routines.