



KNOW

TAKE A 30 SECOND QUIZ TO FIND OUT YOUR RISK OF DIABETES.

**NOT
ME™**

79 MILLION AMERICANS ARE AT RISK FOR TYPE 2 DIABETES ARE YOU?

TAKE THIS 30-SECOND QUIZ TO FIND OUT.

If you score 9 or higher, you may be at risk. Come get tested and learn about the NOT ME Diabetes Prevention Program. It's free for Public Employees Benefits Board (PEBB) medical plan members age 18 or over.

Y	N	QUESTION
1	0	Are you a woman who had a baby weighing more than 9 pounds at birth?
1	0	Do you have a sister or brother with diabetes?
1	0	Do you have a parent with diabetes?
5	0	Find your height on the chart. Do you weigh more than the weight listed for your height?
5	0	Are you younger than 65 years of age and get little or no exercise in a typical day?
5	0	Are you between 45 and 65 years of age?
9	0	Are you 65 years of age or older?
		TOTAL

Quiz and statistics used by the Diabetes Prevention and Control AllianceSM (DPCA) courtesy of the Division of Diabetes Translation, Centers for Disease Control and Prevention (CDC), Atlanta, Georgia.

H	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"
W	128	132	137	142	146	151	156	161	166	171	176	181	187	192	198	203	209	215	220

Free Blood Sugar Testing Event
TAKE ACTION | (866) 926-6099 x 326
<http://hca.uswappointment.com>

Open to Public Employees Benefits Board (PEBB) members who are ages 18 or over and enrolled in a PEBB medical plan.

Bring your medical plan ID card and allow about 15-30 minutes for your appointment. **No fasting required.**

