

DON'T SUGARCOAT THE RISK OF DIABETES.

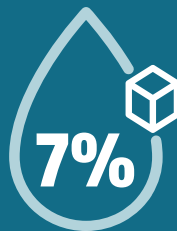


Americans with diabetes



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.SouthCarolinaBlues.com.

