

Prediabetes 101: small steps, big results



Did you know? Prediabetes affects millions of adults across the United States, often without noticeable symptoms.

When blood sugar levels are higher than normal but not yet high enough for a diagnosis of type 2 diabetes, it may be a sign that lifestyle changes could make a meaningful difference. Learning about prediabetes can help you take steps to support your health and wellbeing.

At Univera Healthcare, we are right here to help our members make their health a priority. This month's webinar will provide practical strategies to help you understand your risk, detect prediabetes early, and take steps to support your long-term health.

Join us for this engaging 45-minute webinar hosted by Univera Healthcare Case Manager and Certified Diabetes Care and Education Specialist (CDCES), **Amanda Cheehan**.



This session will cover:

- What prediabetes is and how it affects the body
- Risk factors and how to know if you're at risk
- Preventing diabetes through nutrition, exercise and medication
- Additional benefits and resources to support your wellbeing*

We are **Right here. For you.**

Webinar date: Tuesday, November 17

Webinar time: Noon – 12:45 p.m.



To register for the upcoming webinar, please scan the QR code or click [here](#).

We hope you can join us to learn more about ways to support your wellbeing.



**Right here.
For you.**