

Checklist

Ask your doctor about blood glucose screening if you have any risk factors for pre-diabetes, such as:

- You're overweight, with a body mass index above 25.
- You're inactive.
- You're age 45 or older.
- You have a family history of type 2 diabetes.
- You're African-American, Hispanic, American Indian, Asian American or a Pacific Islander.
- You developed gestational diabetes when you were pregnant or gave birth to a baby who weighed more than 9 pounds (4.1 kilograms).
- You have polycystic ovary syndrome.
- You have high blood pressure.
- Your high-density lipoprotein (HDL) cholesterol is below 35 mg/dL (0.9 mmol/L) or your triglyceride level is above 250 mg/dL (2.83 mmol/L).
- You regularly sleep 5.5 hours or less a night.



HealthStart IQ