

# Diabetes Awareness Month

Did you  
know?



There are approximately 30.3 million adults in the U.S. that have diabetes, and 1 in 4 don't know they have it.

To help you live a healthier life, sign up for wellness coaching at  
**(866) 862-4295**  
and classes at  
**(888) 988-2800.**

Type 2 diabetes can be prevented or delayed by:

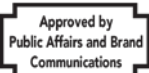
- Maintaining a healthy weight
- Eating healthy
- Being physically active
- Living a healthy lifestyle

CDC 2017

Ask your doctor if you have been tested for diabetes recently.

Learn more at [kp.org](http://kp.org)

 KAISER PERMANENTE®



Posting: September 1, 2017 – September 30, 2017