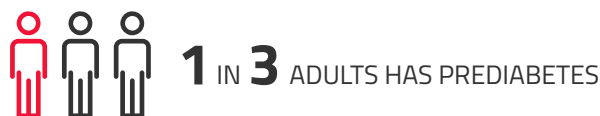


PREDIABETES AND DIABETES AT WORK: How to cut the risk in half

THE PROBLEM



Approximately one in three of your employees may have prediabetes. Prediabetes is when blood glucose levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes. Without intervention, prediabetes can progress to type 2 diabetes within five years. Diabetes is a serious medical condition in which the body cannot keep blood glucose at normal levels.

WHY IT MATTERS

\$13,700 PER YEAR is the average medical expense incurred by those with type 2 diabetes.¹

Compared to people without diabetes, those with diabetes are:

100%
more likely to develop
hypertension³

80%
more likely to be hospitalized
for heart attack²

50%
more likely to be hospitalized
for a stroke²

70%
more likely to die from heart
disease or stroke²

HOW IT IMPACTS YOUR WORKFORCE

Employees with diabetes may miss more work and have lower productivity.

In fact, in one year, diabetes costs the United States:

\$176 BILLION in direct medical costs.¹



\$69 BILLION in lost productivity.¹

HOW EMPLOYERS CAN HELP – AND BENEFIT



By participating in an evidence-based diabetes prevention program, people with prediabetes can reduce their risk of developing type 2 diabetes.⁴



**INCREASED
PHYSICAL ACTIVITY**



HEALTHY EATING



**STRESS MANAGEMENT &
BEHAVIORAL MODIFICATIONS**

Take the first step by reviewing your claims or health data to understand how many employees may be at risk.

To offer the [National Diabetes Prevention Program](#) as a covered benefit, contact your insurer or identify [in-person](#) or [online options](#) in your area.

1. American Diabetes Association. Economic costs of diabetes in the U.S. in 2012. Diabetes Care. 2013;36(4):1033-46. <http://care.diabetesjournals.org/content/diacare/36/4/1033.full.pdf>. Accessed October 27, 2016.

2. Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014. <https://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>. Accessed October 27, 2016.

3. Gillespie CD, Hurvitz KA; Centers for Disease Control and Prevention (CDC). Prevalence of hypertension and controlled hypertension - United States, 2007-2010. MMWR Suppl. 2013;62(3):144-8.

4. Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med. 2002;346(6):393-403.