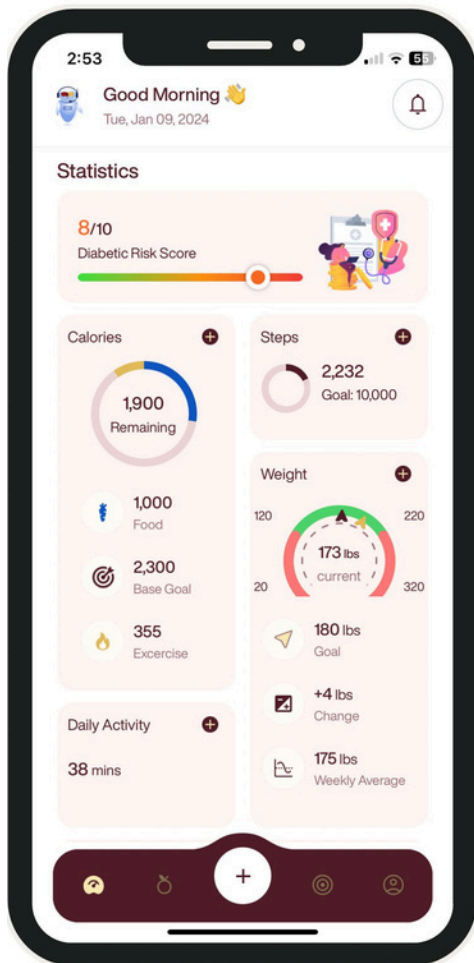


How do I know if I am prediabetic?

Go online to **MiPHR.com/test1** to take the diabetes risk assessment. It only takes a few minutes to know your score. The MiPHR mobile application is designed to lower your risk of progressing to type 2 diabetes in partnership with your healthcare provider.



Partnering to Reduce the Risk of Type 2 Diabetes

1. Consult with your healthcare provider about lifestyle changes to reduce your risk for type 2 diabetes.
2. Set a weight loss goal.
3. Track your weekly activity, net calorie intake, and weight changes using the MiPHR app.



Download MiPHR



After downloading the app, complete your profile using the Bass Medical Group Employee Benefit Code **BASS856848** and your work email.