



MiPHR PREDIABETES MOBILE APPLICATION



What's Your Risk?

TRENDING

When there are higher than normal levels of sugar in the blood.

PREDIABETES

The early, reversible stage of diabetes. Damage is already occurring in the body, but there is still time to change course.

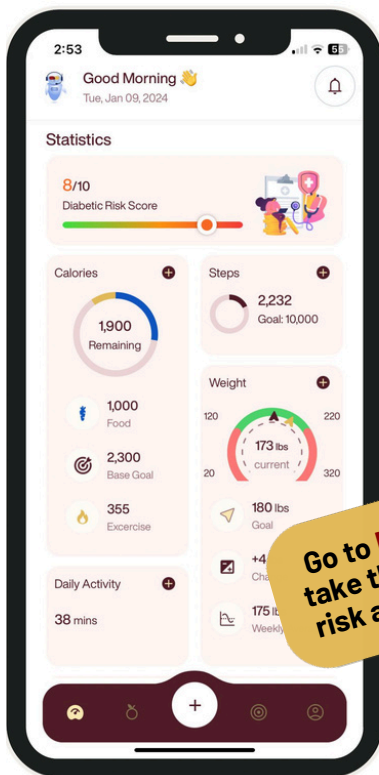
DIABETES

The disease becomes increasingly aggressive. Overall health deteriorates rapidly.

Why Prediabetes?

Diabetes is diagnosed in more than 38 million Americans and the number continues to rise. Approximately 98 million Americans are prediabetic, and 80% are unaware of the condition. Prediabetes leads to serious conditions including heart disease, stroke, and type 2 diabetes. If you are diagnosed with prediabetes, there are steps that you can take to lower your risk of progressing to diabetes.

Are you one of the **98 million** prediabetics in the U.S.?



How do I know if I am diabetic?

If you are not sure about your diabetes status, ask your healthcare provider. Type 1 or type 2 diabetes are different conditions. If you are diagnosed with type 1 or type 2 diabetes, you should ask your healthcare providers for medical interventions that are specific to you.

The MiPHR mobile app is designed to help lower your risk of becoming a type 2 diabetic.

How do I know if I am prediabetic?

Go online to MiPHR.com/test1 or scan the QR code with your smart device 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.



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