

DIABETES

PREDIABETES IS ON THE RISE BUT IT CAN BE REVERSED

Prediabetes can be seen as a warning sign. It's the body's way of saying your insulin (blood sugar) levels are rising.

You can still prevent or delay type 2 diabetes by:

- Eating healthily
- Maintaining a healthy weight
- Monitoring blood sugar levels
- Exercising regularly
- Reducing alcohol use
- Managing stress

GET TESTED NOW!

It's a simple pin prick test at your local pharmacy or clinic, or when LifeAssist visits your workplace.



Call LifeAssist to answer your questions on Diabetes, early detection and living well.

COACHING, COUNSELLING,
HEALTH INFORMATION, OR ADVICE.



Call **0860 111 322**
WhatsApp (Text) 061 438 7903

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