

CONTENT AREA

"Not Me" Diabetes Screening for Employees

ANNOUNCEMENT

Please see the information below for a diabetes screening at the Capitol on April 25, 2013 from 9a-3p. Please note, this event is only available at the State Capitol location. You may cut and paste the following notification and attachment for internal distribution for your agency.

"Not Me" Diabetes Screening for Employees

1 in 3 Americans is at risk for diabetes and most don't even know it. Are you that person?

Prediabetes is a serious medical condition that often leads to the onset of type 2 diabetes. The truth is 26 million Americans have diabetes, and 79 million are at risk. Sadly, 90% of those at risk do not know they are in danger. The good news is prediabetes can be reversed, preventing the onset of type 2 diabetes. Practical, everyday steps may make the difference, and new community-based programs are available to help you take charge of your health.

Start with the "Not Me" Diabetes screening event hosted by the Arizona Department of Administration:

Where: State Capitol Building (17th Ave on the Lawns)

When: April 25th

Time: 9:00a-3:00p

Who: State Employees and Benefit Options members welcomed

Cost: FREE, bring your Benefit Options health plan card to the screening event.

What: Non-Fasting blood glucose test and/or Hemoglobin A1C test

Please visit <http://benefitoptions.az.gov/wellness/> for additional information on this event.

ISSUED

April 11, 2013