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"Not Me" Diabetes Screening for Employees

ANNOUNCEMENT

Please cut and paste the following notification and attachment for internal distribution for your agency:

"Not Me" Diabetes Screening for Employees

Are you the one, the 1 in 3?

Prediabetes is a serious medical condition that often leads to the onset of type 2 diabetes. The truth is diabetes threatens 1 in 3 adults across America. More troubling, most of us don't know it. 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 10th (8am - 2pm) & April 11th (12pm - 4pm)
Who: State Employees and Benefit Options members welcomed
Cost: FREE
What: Non-Fasting blood glucose test and/or Hemoglobin A1C test

More information is available under the Important Notice at the following:
www.benefitoptions.az.gov/wellness

ISSUED

April 4, 2012