



# Do you know your risk for type 2 diabetes?

**More than 80 percent of people with prediabetes don't know they have it.**

The Diabetes Prevention Program powered by Omada can help you build healthy habits and reduce your risk for type 2 diabetes, one small change at a time.

Check if you're eligible:  
[omadahealth.com/wapebb](https://omadahealth.com/wapebb)

## Get ahead of diabetes:

- ✓ Know your risk factors
- ✓ Speak with your health coach
- ✓ Make small changes for a healthier lifestyle

## Risk factors for diabetes:

### Age

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Your risk for type 2 diabetes increases as you age, but there are ways to prevent your chances of getting it.

### Family history

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Family history matters. If your parents, brother, or sister have type 2 diabetes, you may be at risk.

### Physical activity

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There's good news. You can prevent or delay the onset of type 2 diabetes by making simple lifestyle changes, like moving more.