

Your patient took a quiz on DoIHavePrediabetes.org to find out his/her risk of having prediabetes. The quiz evaluated risk factors, and then gave a score of 6 out of 10. A score of 5 or above indicates that someone likely has prediabetes. If your patient has scored 5 or above, please offer a glucose test to confirm whether your patient has prediabetes.

Test	Normal range	Prediabetes range	Diabetes range
Hemoglobin A1C	< 5.7 %	5.7-6.4 %	≥ 6.5 %
Fasting plasma glucose	< 100 mg/dL	100-125 mg/dL	≥ 126 mg/dL
OGTT	< 140 mg/dL	140-199 mg/dL	≥ 200 mg/dL

National Diabetes Prevention Program

The CDC, American Medical Association, and American Diabetes Association recommend that patients with prediabetes participate in an evidence-based diabetes prevention program through the CDC's National Diabetes Prevention Program. These programs are proven to benefit patients and improve outcomes, by supporting participants and instructing them on how to be more active, eat healthier, and manage their weight.

Healthcare professionals can visit www.PreventDiabetesSTAT.org to learn more about connecting patients with these local affiliates of the National Diabetes Prevention Program.

YOUR RESULTS

YOUR SCORE IS 6 OUT OF 10.
YOU ARE LIKELY TO HAVE PREDIABETES.

High Risk

Based on these results, you're likely to have prediabetes and are at high risk for type 2 diabetes. Print or email a copy of your results, bring it to your doctor and ask for a simple blood test to confirm your results. Then work with your doctor on a plan to take action now.