CARE
A UMR Solution

Diabetes screening and prevention

More than 40 million Americans are living with diabetes, and 115 million are living with prediabetes, a serious health condition that increases a person's risk of developing type 2 diabetes and other chronic diseases.

Many adults with prediabetes don't even know they're at risk. In fact, more than 8 in 10 people with prediabetes don't know they have it. Having prediabetes means your blood sugar is higher than normal, but not high enough to be diabetes. Prediabetes may develop into type 2 diabetes, which is the most common type of diabetes. You may have a higher chance of prediabetes or diabetes if you have extra weight, have a family history of diabetes, have diabetes during pregnancy, have high blood pressure, have heart disease or are not active most days.

Diabetes screening

There are several different lab tests used to screen for diabetes, including:

- Hemoglobin A1C (HBA1c) level – measures your average blood glucose level over the past 2-3 months.
- Fasting plasma glucose level – measures your blood glucose level after fasting for at least 8 hours.
- Two-hour oral glucose tolerance test (OGTT) – measures how well your body processes glucose. After fasting, you drink a liquid containing 75 grams of glucose and your blood glucose is measured 2 hours later.

To help diagnose prediabetes before it progresses to type 2 diabetes, as well as to diagnose type 2 diabetes early, the United States Preventive Services Task Force (USPSTF) recommends screening for prediabetes and type 2 diabetes in adults ages 35 to 70 years who are overweight or obese. The American Diabetes Association (ADA) guidelines recommend all adults be screened at least once every three years starting at age 35 if results are normal.



Know the risk factors and signs of prediabetes

This can help you delay or prevent type 2 diabetes.

(Continued)

Diabetes prevention

Prediabetes is a red flag for future diabetes risk and is your opportunity to make changes to help avoid type 2 diabetes and its serious health consequences. Research shows that prediabetes can increase your risk of developing type 2 diabetes, stroke and heart disease. Fortunately, research also shows that if you take action when prediabetes is detected, you may be able to delay or prevent type 2 diabetes. Start with one small step, like taking a short walk, drinking water or adding one healthy food to your meal.

If you have prediabetes, it is important to:

- Speak with a health care professional to make a treatment plan that works best for you.
- Aim to get around 150 minutes a week of moderate physical activity. Talk with your health care provider before beginning a new exercise program.
- Work with a doctor or medical professional to start your weight loss journey if you're overweight.
- Introduce healthier foods into your diet.
- Ask your doctor questions about your wellness and listen to their answers.

Act early take small steps, like moving more and choosing healthy foods.

Being proactive may actually return blood glucose (blood sugar) levels to a normal range, effectively preventing or delaying type 2 diabetes. Small steps can help lower your chance of getting type 2 diabetes.

Risk factors for diabetes:

- Having prediabetes
- Being overweight or obese
- Having a first-degree relative (parents or close biological relatives) with diabetes
- Having gestational diabetes (diabetes during pregnancy) or giving birth to a baby over 9 pounds
- Certain populations may have a higher risk - your doctor can help you understand your personal risk
- History of cardiovascular disease (CVD)
- Having high blood pressure (also known as hypertension)
- Having an HDL cholesterol level that's either lower than 35 mg/dL (0.90 mmol/L) and/or a triglyceride level higher than 250 mg/dL (2.82 mmol/L)
- Having polycystic ovary syndrome
- Physical inactivity\

You do not have to do this alone.

Talk with your health care provider about a plan that works for you.

Learn more about healthy habits, staying active and making healthy food choices:

Healthy habits or weight loss

Diabetes – keeping active



Act early take small steps, like moving more and choosing healthy foods.

Being proactive may actually return blood glucose (blood sugar) levels to a normal range, effectively preventing or delaying type 2 diabetes. Small steps can help lower your chance of getting type 2 diabetes.

© 2026 United HealthCare Services, Inc. UM0489 1026 UA

No part of this document may be reproduced without permission. The information provided in this document is for general educational purposes only. It is not intended as medical advice and cannot replace or substitute for individualized medical care and advice from a personal physician. Individuals should always consult with their physicians regarding any health questions or concerns.

CARE
A UMR Solution