



Reduce your diabetes risks

More than one-quarter of U.S. adults have prediabetes.¹ That's why it's important to understand your risk and learn how you can prevent and manage diabetes.



Prevent diabetes

Take steps to eat healthy, move more, quit tobacco, manage stress, sleep well, and [join a healthy lifestyle program](#).



Manage diabetes

Explore how diet and exercise can help manage diabetes and may help prevent prediabetes from advancing.



Get more resources

Find out what you need to know about diabetes, including the importance of checking your blood sugar and the benefits of medications.



Scan the QR code or visit kp.org/diabetes for more resources.

1. [CDC.gov/diabetes](https://www.cdc.gov/diabetes)

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057