Pre-diabetes: What you need to know

Your hospital test shows you have pre-diabetes.
This means your blood sugar is higher than normal, but you do not have diabetes yet.

Why does this matter?

- Pre-diabetes increases your risk of developing Type 2 Diabetes.
- Carrying extra weight makes this risk higher.

Act now to prevent diabetes
Did you know that losing just 2kg can lower your risk of diabetes by 30%?

GET STARTED TODAY

What should I do next?

1. Click **here** to learn more about Pre-Diabetes.
2. Book an appointment with your GP to discuss your results and next steps.
3. Sign up for the ***2kg Challenge*** - a FREE 8-week program that will offer you:
   - Easy diet and exercise tips
   - Support through text, emails and videos
   - A friendly online community
   - Special offers and updates.

Visit our **Resources** page for healthy eating, exercise and diabetes tips.

START TODAY