

National Diabetes Month

Focus on your health this November

Real Appeal

Type 2 diabetes

Even though type 2 diabetes is a serious disease, there are things you can do to help lower your risk of developing it.¹

More

Vegetables, fruits, whole grains, water and foods high in fiber.

Steps. Aim for at least 30 minutes of activity, 5 days a week.

Less

High-fat foods like whole milk, cheeses and fried foods.

Weight. Even a small amount of weight loss (5-10%) can reduce your risk.

Find out if you're eligible and enroll in Real Appeal[®], your free* weight loss program today at

acps.realappeal.com

*Real Appeal is available to all employees, spouses and dependents 18+ covered under our UnitedHealthcare insurance and with a BMI of 23 or greater.

Congratulations, members – you've lost 1 million pounds!

¹National Institute of Diabetes and Digestive and Kidney Diseases (2016, November) Retrieved September 27, 2017 from <https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes>

²Obesity Society. (2015, February). Your Weight and Diabetes. Retrieved September 27, 2017, from <http://www.obesity.org/content/weight-diabetes>

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