

# Are you at risk of Type 2 diabetes?

If you're black or South Asian and over 25, you're more at risk of developing this potentially serious condition, which can lead to long-term health problems if left untreated.

That's why it's really important that you find out now if you are at risk. Because those who are, can get free support to help them significantly lower the chances of developing it.

The [Healthier You website](#) will help you to find out if you're at risk of developing Type 2 diabetes. It takes just a few minutes and could be the most important thing you do today.

Check your risk and receive free support by visiting our website <https://www.healthieryou.org.uk> or call 0333 047 9999.

**HEALTHIER YOU**  
NHS DIABETES PREVENTION PROGRAMME

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