

Are you at risk of Type 2 diabetes?

Leaving Type 2 diabetes untreated can lead to long-term health problems. However, those at risk can get free support to reduce their risk of developing it. If you're over 40, you need to check your risk level.

Head online and use the Diabetes UK risk tool to find out in just a few minutes.

Search 'Know Your Risk' today.
riskscore.diabetes.org.uk

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

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