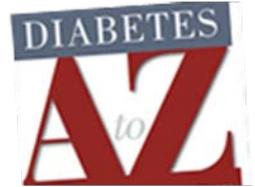


Living Well Tip of the Week

The Best Defense Against Diabetes: A STRONG OFFENSE

You can prevent Type 2 diabetes or properly manage your existing condition by making important lifestyle changes.



Find out if you're at risk for Type 2 diabetes:

- Understand the signs, which can include increased thirst, frequent urination, increased hunger, and tingling of your hands or feet. There can also be no symptoms at all.
- Have your doctor perform a blood glucose test.
- Know that older age, obesity, previous history of gestational diabetes, and physical inactivity will put you at risk for the condition.

Take the Diabetes Assessment located within the Living Well Health Manager, powered by WebMD. Go to

<https://www.webmdhealth.com/ut/default.aspx?startid=333>* to learn more.

If you're concerned about your risk or want to better manage an existing condition, the UT System "Living Well: Make it a Priority" program can help. For more details, go to www.livingwell.utsystem.edu.

*Living Well Health Manager powered by WebMD Program available to UT SELECT members- Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.