

Are You at Risk For Prediabetes?

Test Yourself to Find Out!

What is prediabetes?

Prediabetes occurs when a person's blood sugar (glucose) level is higher than normal but not yet high enough to be considered type 2 (adult onset) diabetes. People with prediabetes are at high risk of developing type 2 diabetes.¹

How is prediabetes different from type 2 diabetes?

Type 2 diabetes is a chronic condition that typically requires ongoing management. However, with early intervention and sustained lifestyle changes, some individuals may achieve remission, meaning their blood sugar levels return to a normal range without the need for diabetes medications. Prediabetes, on the other hand, is often reversible through sustained changes in diet, physical activity and weight management.

Prediabetes Risk Test

POINTS

How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

POINTS

Are you a man or woman?

- Man (1 point)
- Woman (0 points)

POINTS

If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

POINTS

Do you have a mother, father, sister or brother with diabetes?

- Yes (1 point)
- No (0 points)

POINTS

Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

POINTS

Are you physically active?

- Yes (0 points)
- No (1 point)

POINTS

What is your weight category?

(See chart at right)

Height	Weight (lbs.)		
4' 10"	119–142	143–190	191+
4' 11"	124–147	148–197	198+
5' 0"	128–152	153–203	204+
5' 1"	132–157	158–210	211+
5' 2"	136–163	164–217	218+
5' 3"	141–168	169–224	225+
5' 4"	145–173	174–231	232+
5' 5"	150–179	180–239	240+
5' 6"	155–185	186–246	247+
5' 7"	159–190	191–254	255+
5' 8"	164–196	197–261	262+
5' 9"	169–202	203–269	270+
5' 10"	174–208	209–277	278+
5' 11"	179–214	215–285	286+
6' 0"	184–220	221–293	294+
6' 1"	189–226	227–301	302+
6' 2"	194–232	233–310	311+
6' 3"	200–239	240–318	319+
6' 4"	205–245	246–327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Adapted from Bang et al., Ann Intern Med 151:775–783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

TOTAL SCORE

See results on the following page. ➡

¹MayoClinic.org/diseases-conditions/prediabetes/symptoms-causes/syc-20355278

115.9 American adults
million have prediabetes²

9.7 American adults have
million undiagnosed diabetes²

Could you
be one of
THEM?

Prediabetes Risk Test Results

If your score is less than 4 points:

This means your risk is probably low for having prediabetes. It's important to stay active and eat healthy to help keep your risk low.

If your score is 5 or more points:

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. Please make an appointment with your health care provider for a blood sugar (glucose) test.

Important Note: If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

Final Questions

- _____ I scored 5 or more on the prediabetes screening test.
- _____ My fasting glucose level is 100–125 mg/dL.
- _____ I have no current or previous diagnosis of diabetes.
- _____ My body mass index (BMI) is 25 or greater.

If you answered “Yes” to any of the questions above, there is GOOD NEWS!

People with prediabetes who take part in a structured diet and exercise program can cut their risk of developing type 2 diabetes. The Highmark® Well360 Team is available to provide resources and health coaching at no additional cost to GuideStone® health plan members. Simply call the number on the back of your medical ID card to take the first step today!

Start reversing prediabetes today!

- Visit [MyHighmark.com](https://myhighmark.com)
- Install the [My Highmark app](#) or
- Call 1-866-472-0924 (the number on the back of your medical ID card)

²[Newsroom.Heart.org/file/diabetes-2024-statistics-infographic](https://www.heart.org/health-news/heart-disease-statistics-2024)