



# Together, we can take on diabetes.



**Whether you're living with the condition or  
trying to lower your risk, we're here to help.**

While certain risk factors such as your age and family history might be out of your control, there are ways you can improve your overall health that are within your control. Let's make a plan to eat well, move more and manage your stress or your medications as needed.



**Lean on us for support.**

My Premise Health app | [mypremisehealth.com](https://mypremisehealth.com)