



# Screen and Intervene: Keep Diabetes in Check

 **Memorial**  
Health Network

 Broward Guardian

According to the Centers for Disease Control and Prevention, **38.1 million American adults are living with diabetes**. If not properly managed, complications can include blindness and kidney disease.

## THE GOOD NEWS

With a few lifestyle changes, type 2 diabetes can be prevented. You can lower your risk by more than half, just by eating better and exercising more.

## THE GUIDELINES

If you already have diabetes, get your hemoglobin A1c (HbA1c) test at least twice a year. By keeping blood sugar levels in check and getting routine eye exams, you can take steps to improve your health before a serious issue arises.



**Get screened! Contact your primary care provider to schedule a visit.**

Memorial Health Network is a physician-led organization created to manage and operate a clinically integrated provider network in collaboration with Memorial Healthcare System. Broward Guardian is a Medicare accountable care organization (ACO), operating under Memorial Healthcare System and providing enhanced coordinated care to the South Florida community.