

I have diagnosed: _____
(please print)

WITH PREDIABETES BASED ON ONE OF THE FOLLOWING CRITERIA:

- A1c: 5.7 - 6.4%
- Fasting Plasma Glucose: 100-125mg/dL
- 2-hour (75 gm glucola) Plasma Glucose: 140-199 mg/dL
- BMI = _____ (≥ 25) *Asians individuals BMI ≥ 22

OTHER RECOMMENDATIONS

- Diabetes Management
- LIVESTRONG at the YMCA
- Freedom From Smoking
- Nutrition Services, RD

Monica Nelson

- Exercise Specialist
- Other

Print Name of Medical Professional

Signature

Medical Facility

Date

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