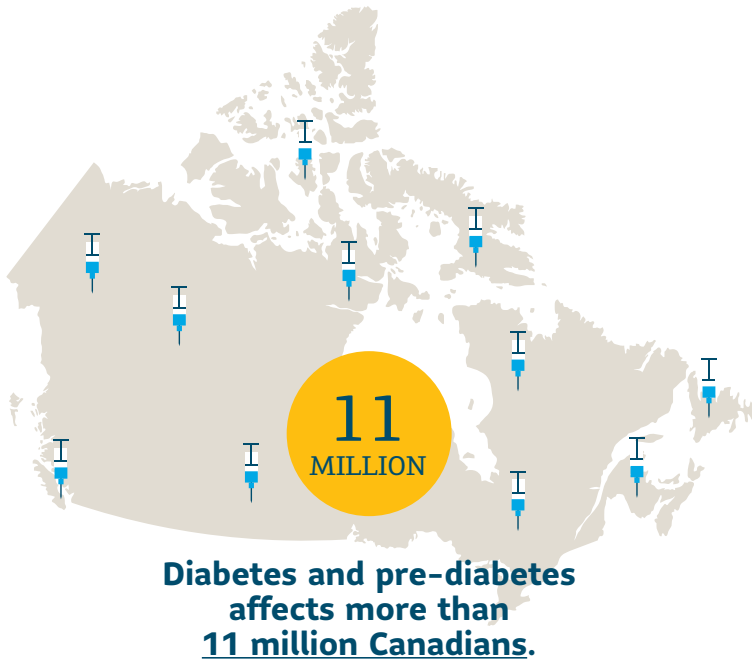


Diabetes prevention tips to improve health and well-being

Diabetes is a chronic condition that can be extremely challenging both physically and mentally. When your body has problems creating or using insulin, it can cause type 1, type 2 or gestational diabetes. About 90% of those with diabetes have type 2, according to Diabetes Canada. Luckily those with Type 2 diabetes can manage it and slow its progression.



DID YOU KNOW?

1.5
MILLION

About 1.5 million Canadians don't know they have diabetes.¹

PREVENTION

Certain factors and lifestyle choices can help you prevent or lessen the severity of type 2 diabetes. These include:



Food and nutrition



Movement and exercise



Stress



Medication

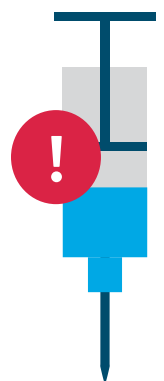
You can learn more about diabetes, including prevention and management at [Lumino Health](#).

KNOW YOUR RISK

Understanding your risk factors to diabetes can reduce the chances of developing diabetes. The Canadian Diabetes Risk Questionnaire (CANRISK), developed by the Public Health Agency of Canada, can also help. By answering 11 questions in about two minutes, they can find out if they're at risk.

[Take the test today!](#)

¹ [Lumino Health](#)



Diabetes can also lead to mental health issues. Those with diabetes often suffer from anxiety and feelings of sadness and unease. This can be related to:

1 checking their blood glucose excessively,

2 worries about complications and,

3 worry about how diabetes affects their work and personal lives.



Life's brighter under the sun

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