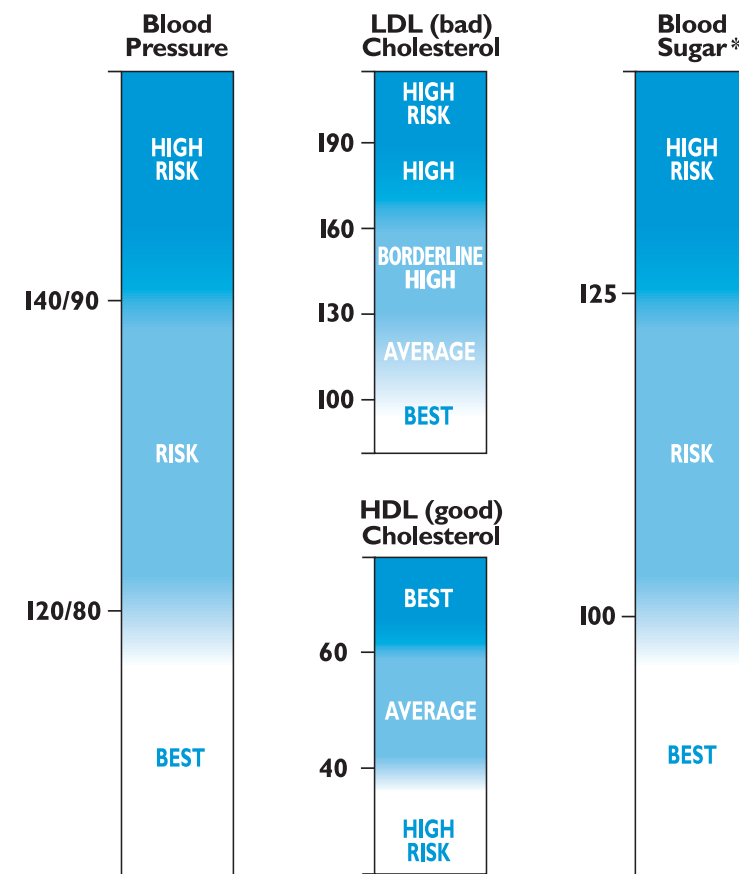


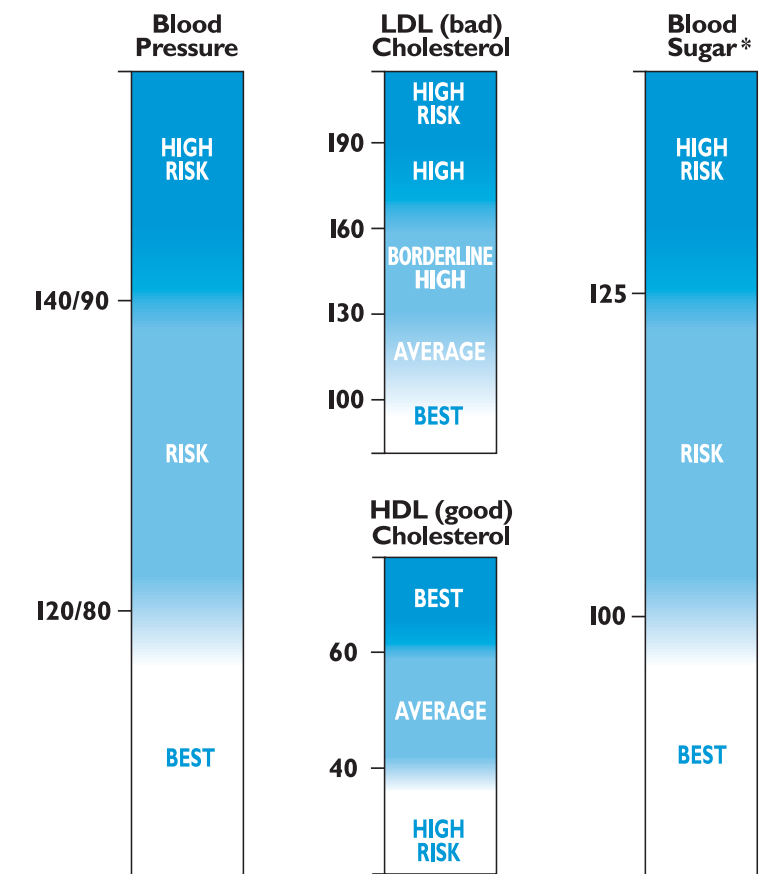
Know your numbers.



Knowing what your numbers mean: just one of the ways you can reduce your risk of costly health problems. When you get your numbers during a medical visit, write them down and talk with doctor about what each number means. When it comes to the cost of healthcare, our choices make a difference.

Provided as a general guideline. Only a physician can determine your personal health status.
* Based on a Fasting Plasma Glucose Test.
Sources: American Diabetes Association, American Heart Association.

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