

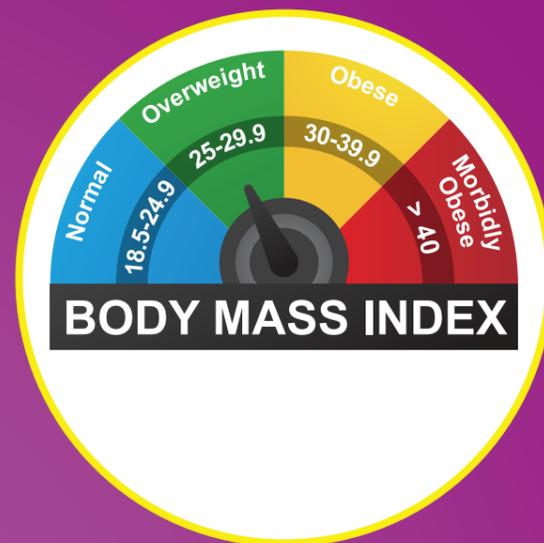
ARE YOU AT A RISK OF DIABETES?



Age > 40 years



Family history of diabetes



Having BMI \geq 23 kg m²



Leading an inactive lifestyle



Have high blood pressure and cholesterol



Regular self-monitoring is a key to achieve good diabetes control.



For further details on self-monitoring, consult your doctor today!