



November 2025

Benefits News



Take One Minute to Test Your Risk for Diabetes

This document is part of the PEBB November Newsletter, Diabetes Prevention and Care. To access other resources, visit the [News and Events](#) page.

According to the American Diabetes Association, over 38 million Americans have diabetes. What's even more surprising? An estimated 8.7 million Americans have diabetes who aren't even aware they have it.

Get a preview of your risk

Know where you stand when it comes to your risk for developing diabetes. The CDC offers an online [Prediabetes Risk Test](#) to help you find out. Just answer a few questions. Talk to your doctor about your results.

The only way to know for sure if you have diabetes (or if you're at risk for developing diabetes) is to get tested in a health care setting, such as your doctor's office or a lab. The most common tests for diabetes are the A1C test and the plasma glucose test. All PEBB medical plans cover this test at no charge as part of your annual physical.

Sources:

- [U.S. Centers for Disease Control and Prevention \(CDC\)](#)
- [American Diabetes Association](#)