

Diabetes Risk Assessment: Know Your Status

Are you aware?

In 2021, India had an estimated **155 million** people with **Diabetes**.

= 
1 in every **9** people is Diabetic in India.

Take the Self-Risk Assessment test below to determine your status today.*

1. How old are you?

Less than 40 years (0 points)
40—49 years (1 point)
50—59 years (2 points)
60 years or older (3 points)

Write your score
in the box.

2. Are you a man or a woman?

Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6. Are you physically active?

Yes (0 points) No (1 point)

7. What is your weight status?

(see chart at right)

Instruction: Select your height, choose your weight, and record the corresponding point in the designated box.

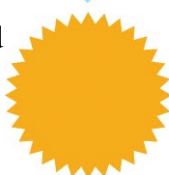
Height	Weight (Kg)		
4' 10"	54-64	65-86	87+
4' 11"	56-67	67-89	90+
5' 0"	58-69	69-92	93+
5' 1"	60-71	72-95	96+
5' 2"	62-74	74-98	99+
5' 3"	64-76	77-102	102+
5' 4"	66-78	79-105	105+
5' 5"	68-81	82-108	109+
5' 6"	70-84	84-112	112+
5' 7"	72-86	87-115	116+
5' 8"	74-89	89-118	119+
5' 9"	77-92	92-122	122+
5' 10"	79-94	95-126	126+
5' 11"	81-97	98-129	130+
6' 0"	83-100	100-133	133+
6' 1"	86-102	103-137	137+
6' 2"	88-105	106-141	141+
6' 3"	91-108	109-144	145+
6' 4"	93-111	112-148	149+
	(1 point)	(2 point)	(3 point)

You weigh less than the amount in the left column (0 points)

If you score **5** or higher,

you may have prediabetes, which increases your risk of type 2 diabetes. Diabetes or prediabetes can only be confirmed through a blood test.

Add up
your score.



**Don't Delay - Schedule
Your Blood Test Today.**

Book our

> **Basic Diabetic Checkup Plan for ₹1100 only. ₹2244 or 51% off (Total 20 tests)**

> **Advanced Diabetic Checkup Plan for ₹2167 only. ₹4610 or 53% off (Total 62 tests)**

For more information, visit us at

momtacare.com

Call us at 6000244580



Behind Hotel Park Royal, Landmark Restaurant, New Market, Goalpara Town, Assam. 783121

Lower Your Risk:

The good news is that you can reverse prediabetes with small steps, leading to a longer and healthier life.

Visit us at momtacare.com for more information on making lifestyle changes to reduce your risk.

**Based on ADA Diabetic Risk Test 2023.*



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