

Q: What is prediabetes?

A: Pavithra Ravinatarajan, Pharmacist & Director, Plan Sponsor Risk Management & Key Accounts Strategy, Manulife: “Prediabetes is a term that’s often used for an individual who is moving towards becoming diabetic so often times when you’re diagnosed with diabetes you meet a threshold whether its your a1c is at a certain level or your fasting blood sugar is a certain level, but if you haven’t quite met that threshold or level prediabetes is that classification that they see you moving towards it so a couple units below, so that’s what they consider someone who is prediabetic.”