

Road to **WELL**fluent™

Embrace better health

What is Diabetes?

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy.

Your body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

With diabetes, your body doesn't make enough insulin or can't use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

There isn't a cure yet for diabetes, but losing weight, eating healthy food, and being active can really help. Other things you can do to help:

- Take medicine as prescribed.
- Get diabetes self-management education and support.
- Make and keep health care appointments (especially with your treating provider, your lab work and for your annual eye exams).

Types of Diabetes

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant).

Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake). This reaction stops your body from making insulin. Approximately 5-10% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 diabetes, you'll need to take insulin every day to survive. Currently, no one knows how to prevent type 1 diabetes.

Type 2 diabetes is when your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90-95% of people with diabetes have type 2. It develops over many years and is usually diagnosed in adults (but more and more in children, teens, and young adults). You may not notice any symptoms, so it's important to get your blood sugar tested if you're at risk.



Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as

- Losing weight.
- Eating healthy food.
- Being active.

Gestational Diabetes

Gestational diabetes develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health problems. Gestational diabetes usually goes away after your baby is born. However, it increases your risk for type 2 diabetes later in life. Your baby is more likely to have obesity as a child or teen and develop type 2 diabetes later in life.

Prediabetes

In the United States, 96 million adults—more than 1 in 3—have prediabetes. More than 8 in 10 of them don't know they have it. With prediabetes, blood sugar levels are higher than normal, but not high enough for a type 2 diabetes diagnosis. Prediabetes raises your risk for type 2 diabetes, heart disease, and stroke. But there's good news. If you have prediabetes, a CDC-recognized lifestyle change program can help you take healthy steps to reverse it.

Source: <https://www.cdc.gov/diabetes/basics/diabetes.html>

5 Ways To Have a Healthier Thanksgiving



Many want to enjoy their Thanksgiving Day without feeling overly full or uncomfortable afterward. The good news is that it's possible to eat all your favorite foods and stay on top of your health goals. With some extra thought and prep, you can have the Thanksgiving you desire.

Food is meant to be enjoyed. One day of eating will not highly influence how you look or feel in the long term. Eating for pleasure is part of an overall balanced and healthy lifestyle. In fact, according to Kelsey Lorencz, RDN, most foods can be fit into even a medically necessary diet with a little modification and portions control.

If sticking to your meal targets and goals is important to you on this day, there are some tips to help you remain balanced and feel good. Keep reading for more.

Don't Skip Breakfast

Step one to a healthy, happy Thanksgiving: Eat breakfast. Many people skip breakfast (and lunch), opting to restrict themselves since they will eat a big meal later.

But the last thing you want to do is skip meals before dinner. When you skip meals, by the time dinner rolls around, you're so hungry that you end up overeating and feeling uncomfortable. Eating a nutrient-rich breakfast is the best prep for an all-out feast. Foods full of lean protein and fiber are best because they will keep your energy levels up and help you feel fuller longer.

As well, skipping breakfast or any meal may mean you don't get in enough nutrients. While one day of missed nutrient targets will not cause any lasting impact, if you are striving to obtain certain vitamins or minerals each day (such as iron, B12, folate, etc.), then you may not want to skip meals. Here are some healthy breakfast ideas to start your day offright:

1. Five-Minute Avocado and Egg Toast
2. Greek Yogurt and Granola
3. Low-Carb Frittata

Stay Hydrated

This advice is useful on your average day, but it's especially helpful on Thanksgiving. Many foods we eat on Thanksgiving are high in sodium. Water will help flush out your body and alleviate bloating.

Drinking enough water can also help you feel more alert and energized, which is likely something you'll appreciate on such a busy day. Adding soups to your holiday meals can also boost your hydration while improving meal satiety.

Try a Healthy New Recipe

When you think about Thanksgiving, you probably picture glistening turkey, creamy mashed potatoes with a pat of butter, golden-brown stuffing, and crisp apple pie topped with vanilla ice cream. And there is nothing wrong with that!

For most people, there is no harm in indulging on occasion. But if you prefer to add more nutrients to your holiday meal, consider trying a new recipe or a variation of an old classic that has a few swaps. For instance, make your normal stuffins recipe using whole grain bread and sneak in some veggies. Mix some Greek yogurt and broth into your potatoes to replace a bit of the butter and cream. Top your green beans with slivered almonds instead of fried onions.

Adding a big salad or veggie-filled soup is another way to broaden the nutrient profile of your selections. You can enjoy all of your favorite classics while filling part of your plate with nutrient-dense high-volume foods that you also love.

How to Make Tasty, Low-Calorie Turkey Stuffing <https://www.verywellfit.com/how-to-make-low-calorie-turkey-stuffing-3495514>

If you eat more than you planned, let go of the guilt. You're allowed to eat foods just because they are delicious. Thanksgiving is only one day, after all!

continued on next page

Slow Down and Savor

This is one of the easiest ways to enjoy your holiday meal without going overboard. Just by eating slower, you'll consume fewer calories. If you eat too fast, you can easily eat past the point of fullness. However, eating slowly gives your brain time to signal from your stomach that it's full.

Slowing down also gives you the chance to appreciate the food before you. So eat slowly and really taste the food instead of wolfing it down. Put your fork down between bites and savor each mouthful of food. Enjoy all the delicious things you are eating.

Start an Active Family Tradition

Add a new physically active tradition to your family's celebration. When the Thanksgiving feast is over, adding a walk to your family tradition can be a great way to close out the holiday. Walking is yet another opportunity for you and your family to do something fun together. It also gives you the chance to digest your food after such a large meal.

By the time you make it home, you might even have room for dessert.

Plan out your activity goals and make them known to your family. Involve everyone and aim to start a new tradition of getting active, playing, and having fun. Backyard football matches are a great way to build memories and energize yourself after a big meal. The Turkey Trot Deserves a Place on Your Thanksgiving Agenda.

A Word From Verywell

Holidays are often centered around food and nothing could be more true about Thanksgiving. This is a time to celebrate and give thanks for the people and experiences you love and enjoy. Food is meant to be part of the joy in your life and one meal or day of eating (even overeating) will not derail your health or fitness goals. Adapting some simple strategies to help you feel your best can be a good idea if they help you enjoy the day.

Source: <https://www.verywellfit.com/how-to-have-a-healthier-thanksgiving-3495509>

Celebrate the Great American Smokeout - November 17, 2022 - and Make a Quit Plan!



Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on the third

Thursday in November be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit.

About 34 million American adults still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths. While the rates of cigarette smoking have declined over the past several decades, from 42% in 1965 to 14% in 2019, the gains have been inconsistent. Some groups smoke more heavily or at higher

rates and suffer disproportionately from smoking-related cancer and other diseases. These populations tend to be those who experience inequities in multiple areas of their lives, including those at lower socioeconomic levels, those without college degrees, American Indians/Alaska natives, African American/Black communities, LGBTQ communities, those in the military, those with behavioral health conditions, and others.

No matter your age or how long you've been smoking, quitting improves health both immediately and over the long term. Giving up smoking is a journey, and it can be hard, but you can increase your chances of success with a good plan and support. Getting help through counseling and medications doubles or even triples your chances of quitting successfully.

Quitting smoking is not easy, but you can do it. To have the best chance of quitting and remaining smoke-free, you need to know what you're up against, what your options are, and where to go for help.

For more information go to: <https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html>

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