



Tulare County Employee Wellness Program

DIABETES AWARENESS

June 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Post-Biometric Screening Health Coaching is happening this month! See Page 6 for details.		1 	2 <i>Article</i> Blood Sugar and Insulin at Work 	3
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20 County Holiday (observed) 	21	22 	23 <i>Article</i> The Connection Between Diabetes and Exercise 	24
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ARTICLES

How to Identify and Prevent Prediabetes

Type 2 diabetes can lead to serious health problems, but it's not a disease that occurs overnight. Instead, people generally go through a period called "prediabetes" before true diabetes takes hold. If you're diagnosed with prediabetes, it's possible to turn the condition around and prevent diabetes. This is why it's important to understand the tests and lifestyle changes that can help diagnose and treat it. Follow the link for information about Prediabetes, including risk factors, testing, and prevention: [How to Identify and Prevent Prediabetes](#).



Diet, Diabetes, and Tooth Decay

If you're one of the 34 million Americans with diabetes, you're probably aware that the disease can cause problems with your eyes, nerves, kidneys, heart and other parts of your body. What you may not know is that people with diabetes are more susceptible to developing oral infections and gum (periodontal) disease than those who do not have diabetes. Diet is one of the most crucial elements for maintaining a healthy mouth if you have diabetes. The following article explains what you can do to prevent tooth decay and the importance of healthy eating when living with diabetes: [Diet, Diabetes, and Tooth Decay](#).



Blood Sugar and Insulin at Work

Understanding how sugar (glucose) and insulin work in your body is the foundation for knowing how diabetes works. By knowing what can affect your blood sugar levels, you can better manage it. Follow the link below to read about the basics of high blood sugar, and the differences of how your body processes insulin with Type 1, Type 2, or Gestational Diabetes: [Blood Sugar and Insulin at Work](#).



The Connection Between Diabetes and Exercise

Having diabetes, whether it's Type 1 or Type 2, is no reason to stop moving. In fact, exercise can help all diabetics better manage their blood sugar. It's important, though, to understand the different ways your body might react during and after exercise. Talking with your doctor before you start a new exercise plan will help ensure you get the most from every workout. Click the link below for information from Anthem Blue Cross on why exercise is a helpful tool in managing diabetes: [The Connection Between Diabetes and Exercise](#).



Pre-Recorded Webinar: "Don't Blame Me!"

Managing diabetes can be challenging. Both people with diabetes and providers who care for them can be frustrated by setbacks. People with diabetes need to make lifestyle changes to control their glucose levels and avoid complications, but it's not simply a matter of will power. When people with diabetes fall short, sometimes the environment is often to blame. Providers may feel blame, too. This webinar discusses self-care behaviors to help address their emotional needs. Click the following link to watch this **pre-recorded** webinar provided by the Centers for Disease Control and Prevention: [Don't Blame Me!: Helping Providers and People with Diabetes Overcome Challenges for Behavior Change.](#)



Quiz: Diabetes and Eye Health

Did you know it's especially important for diabetics to get their eyes examined regularly? [Take this quiz](#) to test your knowledge of the effect diabetes has on your eye health.



**QUIZ:
HOW MUCH
DO YOU
KNOW ABOUT
YOUR EYES &
DIABETES?**



Strawberry "Nice" Cream

Total Time: 3 hours 10 minutes

Prep: 10 minutes

Serves: 4

Difficulty: Easy

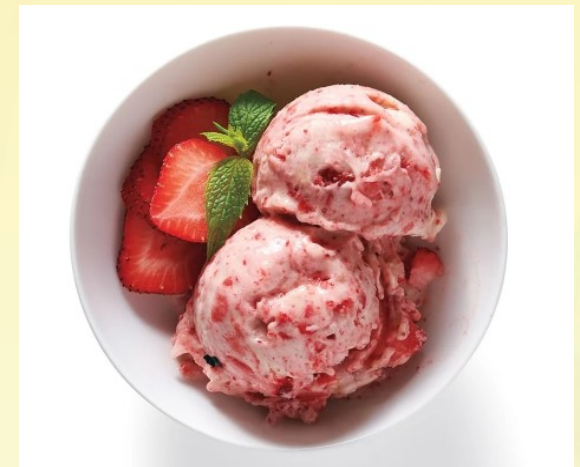
Ingredients:

- 1) Unsweetened frozen strawberries (1 1/2 cups, sliced)
- 2) Bananas (2 large, ripe)
- 3) Vanilla Extract (1/2 tsp)



Instructions:

- 1) Peel bananas and cut them into 1-inch chunks. Place them in a large zip-close plastic freezer bag. Seal and freeze until frozen solid, 2 to 3 hours.
- 2) Place frozen bananas and frozen sliced strawberries in food processor; puree, scraping down side of bowl with rubber spatula. Add vanilla extract and pulse.
- 3) Serve immediately or, for a firmer texture, transfer to a container and freeze until ready to serve; allow to soften about 10 minutes at room temperature. Garnish with fresh berries and mint leaves if desired.



START A HEALTHIER YOU TODAY

Introducing a new covered benefit for Anthem Blue Cross Members



Anthem Blue Cross is pleased to announce a new benefit for qualified members.

It's a 16-week program, followed by monthly sessions, that can help you lose weight, adopt healthy habits and significantly reduce your risk of developing type 2 diabetes. And it's available at no cost to members who qualify.

Participants report greater energy, a more positive outlook and overall improved health.

The program includes the following elements:



Access to a personal
health coach



Weekly
sessions



A small group
for support



Tools like a wireless scale
or an activity tracker

Find out if you qualify by taking a 1-minute quiz at solera4me.com/tulare

Questions? Call 1-844-612-2949, M-F 9 am to 9 pm EST.

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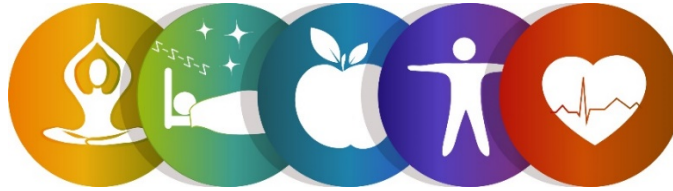
Solera4me is provided by Solera Health, an independent company.

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*For participants who complete four weeks of activity meeting Diabetes Prevention Program guidelines. Applies to select Fitbit models; limited to one per person. Solera Health reserves the right to substitute an alternate tracker.



County of Tulare Health Coaching



Health Coaching includes:

- On-site or virtual Health Coaching Sessions
- One-on-one post Biometric Screening Coaching session will provide a comprehensive overview of the key test results and an understanding of what they are
- This review will include lifestyle recommendations that are specific to certain test values and ways to be proactive about managing your health

Eligibility: Employees enrolled in the SJVIA Health Plans
Employees who completed an on-site Biometric Screening

Locations:

Date	Location
Monday, June 27, 2022	Visalia Government Plaza
Tuesday, June 28, 2022	Virtual Sessions
Wednesday, June 29, 2022	Human Resources & Development
Thursday, June 30, 2022	Virtual Sessions

Appointments:

Employees who participated in the on-site Biometric Screenings will receive a link and access code to register for an appointment.

