

NOVEMBER 2024

WELLNESS EVENTS

HELPING YOU TO HELP OTHERS!

Your monthly wellness spotlight newsletter

November is Diabetes Awareness Month

Available to all Employees Regardless of Insurance Coverage

Tuesday, November 12 at 3:30 p.m. - Blue Access for Members and Well onTarget Overview: Learn how to access your BCBS Blue Access for Members and how to manage your plan. You will also learn how to get started on the Well on Target portal and app, how to create your own personal wellness journey, how to access the wellness activities and helpful resources, and learn how to redeem your Blue Points at the online shopping mall.

Monday, November 18- A1C Explained Webinar: Learn about your A1C, what are the levels and what is considered a good A1C, and how it affects your Diabetes. Register HERE for 8:30 a.m. or Register HERE for 3:45 p.m. ONLY 15 MINS!

Tuesday, November 19 at 3:30 p.m. - Managing your Diabetes Webinar: Learn how to manage your diabetes with a variety of treatments and guidelines for managing, daily steps you can take for prevention and management, and different symptoms of Diabetes.

Wednesday, November 20 - Diabetes Nutrition Webinar: Learn how to read nutrition facts and labels, how to use the diabetes plate method for meal planning, and tips for eating out. Register HERE for 8:30 a.m. or Register HERE for 3:45 p.m. ONLY 15 MINS!

Links You Can Share:

[Diabetes Fact Sheet](#)

[Diabetic Foot Care](#)

[Tasty Recipes for people with Diabetes and their Families](#)

[Prediabetes, Could It Be You?](#)

Diabetes does not define you as a person - strength, personality, and self-worth do. The future belongs to you.

