

November Wellness Action Message



Quarterly Theme: Managing Chronic Conditions
Monthly Theme: National Diabetes Month

Diabetes Definition & Symptoms

Diabetes is a chronic condition resulting from the body not producing or properly using insulin. Insulin is a hormone that works to convert sugar, starches and other food into the energy needed for life's daily activities. Diabetes can often go undiagnosed due to the symptoms not being very specific or due to having no symptoms at all.

Symptoms may include:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

High blood sugar damages the body and leads to other health complications, such as heart disease, kidney disease, nerve damage and vision loss. If you are experiencing any of these symptoms, talk with your primary care provider about being screened.

Pre-Diabetes Awareness

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Approximately 96 million American adults—more than 1 in 3—have prediabetes. Of those with prediabetes, more than 80% don't know they have it. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease and stroke.

Action step – Take the Prediabetes Risk Test

The sooner you know you have prediabetes, the sooner you can take action to reverse it and prevent type 2 diabetes.



<https://www.cdc.gov/prediabetes/takethetest/>

The Good News

The good news is that prediabetes is largely preventable by adopting a healthy lifestyle. Research shows that you can significantly lower your risk for prediabetes and type 2 diabetes by losing 7% of your body weight and exercising moderately (such as brisk walking) for 30 minutes a day, five days a week (Source: ADA). If you are overweight and have prediabetes, losing 5% of your weight can help reverse prediabetes. If you are unable to lose weight, you may be able to lower your blood glucose by eating well and being active. (Source: CDC)

Medica's Resources

Omada for Prevention

Medica offers Omada®, a personalized program that surrounds you with the tools and support you need to reach your health goals, whether that's losing weight, managing your diabetes, or improving your overall health. This program is made available at no cost for eligible employees.

Medica employees and family members 18+, who are currently enrolled in a Medica health plan and who are at risk for type 2 diabetes, at risk for heart disease, or living with diabetes, are eligible to participate. One can register for the program an

This program helps you lose weight and reduce your risk of developing type 2 diabetes or heart disease.

What you will get:

- A wireless smart scale to monitor your progress
- An interactive program with an engaging app to guide your journey anywhere, 24/7
- Weekly online lessons to empower you
- A professional Omada health coach to keep you on track
- Online access to a small group of program participants to keep you engaged

Omada for Diabetes

This program helps you control your blood sugar with less stress, more confidence, and helps reduce the risk of diabetes complications.

What you will get:

- A professional health coach and diabetes specialist for personalized support
- Strategies to better manage (or potentially reduce) medications
- Connected devices selected for you, like a scale, blood glucose meter, and all the testing supplies you need

To learn more about the Omada Diabetes program, review the attached handout.