

MONTHLY WELL-BEING NEWSLETTER: TAKING CONTROL OF YOUR BLOOD SUGAR

Diabetes continues to affect millions of people across the country, but here’s the good news: many cases can be prevented.



People who already have diabetes can manage it effectively with the right tools and support. This month, we’re focusing on simple steps you can take to reduce your risk, stay healthy, and support loved ones managing the condition.

Taking care of your blood sugar isn’t just about avoiding a diagnosis. It’s about having more energy, feeling better day to day, and preventing long-term health issues like heart disease and nerve damage.

Preventing Diabetes: What Helps Most

Move Your Body Regularly

Physical activity helps your body use insulin better and lowers blood sugar levels. Aim for 30 minutes of movement most days, walking absolutely counts. Look for small opportunities throughout your day. Take the stairs when you can. Stand more often. Stretch during meetings.

Make Small, Healthy Food Choices

There’s no “perfect” diet, but balance matters. Choose whole grains when possible. Add more fruits and vegetables to your meals. Focus on lean protein and healthy fats. Sugary beverages are among the biggest culprits in blood sugar problems, so cutting back on them makes a real difference. Keep your portions reasonable. Small changes add up faster than you think.

Maintain a Healthy Weight

A healthy weight greatly reduces your risk for diabetes. Even modest weight loss can make a significant difference.

Know Your Numbers

A simple blood test called the A1C can tell you how your body manages blood sugar. Ask your doctor about getting tested, especially if you have a family history of diabetes, live a sedentary lifestyle, or are carrying excess weight. Learn more about blood test numbers in this [recorded webinar](#).

Reduce Stress

Chronic stress increases hormones that raise blood sugar. Short breathing exercises can help. Meditation apps work for many people. Even stretching breaks during your workday make a difference. Check out these [recorded meditations](#). Your company’s Employee Assistance Program (EAP) is also available for support.



Managing Diabetes If You Already Have It

If you’re living with diabetes, there are many ways to stay healthy and prevent complications. Check your blood sugar as directed by your doctor. Take medications consistently. Stay on top of preventive care visits. Pay attention to your feet, eyes, and dental health, as diabetes can affect them. Don’t hesitate to ask for help. Managing diabetes works best as a team effort.

Learn more:

+ [Understanding Type II Diabetes](#) - American Diabetes Association

Ergonomics Lesson:

Ergonomics helps reduce discomfort, prevent injuries, and improve productivity by promoting proper posture, movement, and workstation setup. Good ergonomics can make work more comfortable, safer, and more efficient.

WHEN

Dec. 8, 1:00PM CT

WHERE

Online. [Register here](#).

