



November Wellness Newsletter

National Health Observance

American Diabetes Month

Great American Smokeout

November's health observances are American Diabetes Month and Great American Smokeout. Check out the following UnitedHealthcare educational resources:

- [Life with diabetes](#)
- [Managing blood sugar \(glucose\)](#)
- [The realities of vaping](#)
- [Quitting smoking](#)

Managing blood sugar (glucose)

What's blood sugar? The job of glucose and insulin¹

Glucose, also known as blood sugar, is the main source of energy for our cells. It mainly comes from the foods we eat and may go up or down depending on when and how much we eat. Our pancreas helps manage these levels by making insulin, a hormone.² The job of insulin is to take the glucose from our blood and help it move into our cells, creating energy for our bodies.

What happens if our insulin may be out of control?

With diabetes, the body may either stop making insulin, slow way down or "forget" how to use insulin. When the insulin is either gone or not working properly (also known as "insulin resistance"), the glucose can't get into the cells where it needs to go. This is what happens with **type 2 diabetes**.¹

With **type 1 diabetes**, there's no insulin to let glucose into the cells, so sugar piles up in the bloodstream.³ In response, the kidneys may go into overdrive, trying to get rid of that glucose. This may make a person urinate more often or feel really thirsty, tired or hungry, among other side effects. Many of these side effects may be symptoms of diabetes.⁴



Health Tip Flier of the Month

Living tobacco free

Learning about common health topics is one way to help support your health and wellness.

Check out this month's Health Tip Flier on Living tobacco free.

[English](#) | [Spanish](#)




United at Work Presentation of the Month


Eating with Diabetes


[Click here for the Eating with Diabetes presentation.](#)

During this presentation, you will review the nutritional recommendations for individuals with diabetes or pre-diabetes and discover eating strategies that may help stabilize blood sugar.

You will also identify cooking and snacking tips, as well as considerations when dining out.

 **Eating With Diabetes Questionnaire**

 Quiz & Answers - English

 Quiz & Answers - Spanish





 **Eating With Diabetes**

United Healthcare

 [Click here](#) for the entire United at Work catalog.

Next Month's Preview...

 **Health Observance**
Self care for the Holidays

 **Health Tip Flier of the Month**
Financial Well-being

 **United at Work Presentation**
Self Care: Invest in Yourself