

NOVEMBER 2024

Wellness Care Package



Diabetes Awareness Month

We're bringing attention to and showing support for those affected by diabetes with the following events and resources:

The Basics of Diabetes

Tuesday, Nov. 12 | 12-12:30 p.m.

November is a time to join together against diabetes through research, advocacy, and education.

[Join Dr. Roopa Shah](#) during Move with a Doc to show your support and learn more about the disease. She'll talk about the different types of diabetes, their causes, and how lifestyle choices can impact your life.

Diabetes-Friendly Recipes

Managing diabetes is about managing your blood sugar, and managing your blood sugar is about managing the food you eat.

[Try a diabetes-friendly recipe](#) from this month's Made from Scratch newsletter.

National Diabetes Awareness Month Toolkit

Diabetes is a condition that happens when the body doesn't make or use insulin properly. Symptoms vary and the disease often goes unnoticed early on, while warning signs are mild. The good news is that diabetes can be controlled, and some forms can be prevented.

[Learn more](#) with our November National Diabetes Awareness Month toolkit.

Where the Forest Meets the Stars

by Glendy Vanderah

Thursday, Nov. 21 | 12-1 p.m.

[Share your thoughts in this book club.](#)

A graduate student and cancer survivor, Jo Teale, finds a strange girl in the woods, who claims to be an alien. The story explores themes of love and recovery as Jo builds a bond with the girl and forms a relationship with her socially anxious neighbor.

Great American Smokeout

Thursday, Nov. 21

Join thousands of people across the country in taking the first step toward a nicotine-free life.

Quitting isn't easy. It takes time, planning, and support. We can help you get started with [one-on-one support](#). Our Health Transformation Consultants are trained Freedom from Smoking facilitators who can help you quit or reduce nicotine use.

Wellness from Within WebMD Challenge*

Monday, Nov. 4 – Sunday, Dec. 9

Looking within and thinking mindfully can help you feel happier, sleep better, and lower your blood pressure. Keeping a journal can help you sort out what's going on in your mind and lower stress, anxiety, and depression.

This challenge will help you reflect on a different part of your emotional well-being and invest in your emotional health.

[Sign up in your member portal](#)* (Living Healthy tile) anytime during the challenge. **Need help?** [Get 1:1 Living Healthy help.](#)

**Challenges are available only to Health Plan members, excluding Individual and Family plans.*

Partner Perks*

Did you know you can get deals on memberships, services, and products that support your well-being?

[Start saving today!](#)



Explore more: Central.Medica.com/Wellness

*Programs are open to all, regardless of insurance, unless noted**