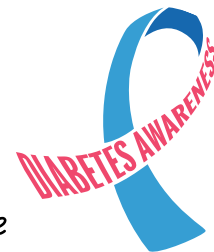




CommonHealth WEEKLY WELLNOTE

Simple, science-backed guidance for a healthier workforce



Spotlight on Cultivating Connections: Diabetes Awareness

November is National Diabetes Month, and this year's focus is on taking action to prevent diabetes health problems. Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 38 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer.

But there's also good news: Taking charge of your health may help you prevent diabetes health problems. Here are some tips to help you prevent or manage diabetes.



Manage your A1C blood glucose, blood pressure, and cholesterol levels. Ask your doctor what your goals should be, and stay informed about your A1C level.



Take care of your mental health. A mental health counselor may help you find healthy ways to cope with stress.



Make lifestyle changes to slowly build healthy habits. Take small steps to eat healthier, be more physically active, and get enough sleep.



Take your medicines on time, even if you feel healthy. Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



Work closely with your primary care provider. They can help you prevent or manage diabetes and refer you to other health care professionals for related health problems.



Join Us for a Webinar - Maintaining Healthy Habits in a Season of Indulgence Thursday, November 21 at 1:00pm

The holidays are a time for celebration, but they can also be challenging for your well-being.

Join WeightWatchers to learn simple strategies on mindful eating, self-care, and staying active. You'll get tips to enjoy the festive season while supporting your health.

This webinar is presented by WeightWatchers and is available to ALL employees.

[Sign up for the webinar](#)

Benefits Buzz: CommonHealth's NEW Health Education Campaign

CommonHealth is pleased to announce a new health education campaign coming soon, **Routine Preventive Maintenance: Revving Up Your Health and Wellness.**

The campaign focuses on four areas – medical, physical/emotional, financial, and occupational – with tips and information on employee benefits that can help us thrive.

Learn more about the health and wellness benefits available to help you reach your goals!

To schedule, contact your CommonHealth Agency Coordinator (or HR Benefits Administrator).



Connect with Us

Visit: commonhealth.virginia.gov | Email: wellness@dhrm.virginia.gov

