

November 2020



# IT PAYS TO **BE WELL**

MONTHLY WELLNESS NEWSLETTER



## The final walker tracker challenge ends November 15

Help your team finish strong! The first team with an average of 6,000 steps per day for 42 days wins. Winners will be announced next month.

## It Pays to Be Well incentive program ends November 30

Hurry to complete all three requirements and earn \$100.



- 1 Receive preventive care (flu shot, annual checkup, screening, etc.)
- 2 Complete a Walker Tracker challenge
- 3 Complete the online Health Assessment on [anthem.com](https://www.anthem.com) or the **Sydney** app



## Get the lowdown on diabetes

Here's a closer look at this condition

Diabetes is a condition where the body can't make insulin, or can't use it well. Insulin is a hormone that helps our bodies get energy from the glucose in the food we eat. Without it, glucose levels in the blood stream are too high. Over time, this can cause damage to your body tissue and organs.<sup>1</sup>

### There are three main types of diabetes.<sup>1</sup>

- **Type 1 diabetes** can affect anyone, but most often it develops in children or young adults. People with this type of diabetes produce very little insulin, or none at all.
- **Type 2 diabetes** is the most common type. People with type 2 diabetes either make too little insulin, or their bodies aren't able to use it as they should.
- **Gestational diabetes (GDM)** is a form of diabetes that appears during pregnancy. While GDM usually goes away after pregnancy, it puts women and their babies at higher risk for type 2 diabetes.

### Who's more likely to get type 2 diabetes?<sup>2</sup>

These factors can put you at higher risk for developing diabetes.

- Being overweight
- Being aged 60 or older
- Having diabetes during pregnancy

### Keeping type 2 diabetes at bay

The good news is type 2 diabetes can be prevented or controlled. Try these tips:



**Break a sweat.** Exercise for 30 to 60 minutes every day.



**Get to or stay at a healthy body weight.** Each pound you lose lowers your risk.



**Catch the right amount of Zzzs.** Make sure you're getting enough rest every night. Sleeping less than six hours or more than nine hours can put you at a higher risk.



**Make healthy food choices.** Eat more fruits and veggies, and pay attention to your portion sizes. Limit foods that are high in sugar, fat or sodium.



**Kick the habit.** The more cigarettes you smoke, the higher your risk for type 2 diabetes. Quitting smoking<sup>3</sup> can be hard — get help if you need it.



**Keep an eye on your blood sugar.** If you're concerned about your blood sugar, talk to your doctor about when and how often you should get tested for diabetes.

### Find local support and resources

If you're dealing with diabetes, visit the American Diabetes Association website at [diabetes.org](https://diabetes.org). Check out what's available in your community, like a local support group that can help you learn useful tips.

## Sources

1 International Diabetes Federation website: About Diabetes (accessed April 2018): [idf.org](http://idf.org).

2 National Institute of Diabetes and Digestive and Kidney Diseases website: Am I at Risk for Type 2 Diabetes? Taking Steps to Lower Your Risk of Getting Diabetes (accessed April 2018): [diabetes.niddk.nih.gov/dm/pubs/riskfortype2](http://diabetes.niddk.nih.gov/dm/pubs/riskfortype2).

3 Centers for Disease Control and Prevention website: Tips From Former Smokers: Smoking and Diabetes (accessed April 2018): [cdc.gov/tobacco/campaign/tips/diseases/diabetes](http://cdc.gov/tobacco/campaign/tips/diseases/diabetes).

4 International Diabetes Federation website: Prevention (accessed April 2018): [idf.org](http://idf.org)



**You don't have to stop smoking in one day. Start with day one.**

**Join the Great American Smokeout November 19**

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout® event on November 19 be your day to start your journey toward a smoke-free life.

You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit. Quitting starts here.



Learn more at **[cancer.org/smokeout](http://cancer.org/smokeout)** or call 1-800-227-2345.

You can also visit **[anthem.com](http://anthem.com)** or the **Sydney Health** app to find free resources to help you quit.



## Walnut-Pumpkin Cheesecake

Thanksgiving is right around the corner. If you are looking for a festive dessert to try – while monitoring your blood sugar – this recipe is for you. With just a little bit of maple syrup for sweetness, this cake gets its wow-power from in-your-face spices and crunchy walnuts.

### Ingredients

1 c. 1% cottage cheese  
8 oz. fat-free cream cheese  
3 large eggs  
1/2 c. pumpkin puree  
1/3 c. + 2 Tbsp maple syrup  
2 tsp. vanilla extract  
1/2 tsp. ground cinnamon  
1/4 tsp. ground cloves  
1/4 tsp. ground ginger  
1/2 c. walnuts

### Directions

- 1 Preheat oven to 350°F. Coat bottom and sides of 9" pie plate with cooking spray
- 2 Place cottage cheese in blender or food processor. Blend 3 minutes, or until very smooth, scraping down sides. Add cream cheese, eggs, pumpkin, cup of the maple syrup, vanilla extract, cinnamon, cloves, and ginger. Process until smooth. Pour into prepared pie plate.
- 3 Bake 40 minutes, or until knife inserted in center comes out clean. Remove to rack and cool completely.
- 4 Combine walnuts and remaining maple syrup in small bowl. Place on baking sheet coated with cooking spray. Bake nuts 10 minutes, or until lightly browned. Remove to rack to cool.
- 5 Refrigerate cake 3 hours or overnight. Arrange nuts around edge of cheesecake before serving.

