



NOVEMBER

Did you know... November is American Diabetes Month?

American Diabetes Month

- **What is Diabetes?** – Diabetes occurs when the pancreas does not make enough insulin or does not respond correctly to insulin. Insulin is a hormone that helps to move glucose (sugar) through the bloodstream. If the pancreas does not produce enough insulin or the body does not use it properly, glucose builds up in the blood stream. The result is high blood sugar, or hyperglycemia. Consistent high blood sugar can result in heart disease, nerve damage, and eye issues.
- **Types of Diabetes** – People of all ages are affected by diabetes, and there are several types. The two most common types of diabetes are Type 1 and Type 2. Type 1 diabetes is an autoimmune disease in which the immune system attacks insulin-producing cells in the pancreas. Around 10% of people with diabetes have Type 1, and it is most often diagnosed in children and young adults. Type 2 diabetes occurs when the body either does not make enough insulin or does not respond normally to insulin. Type 2 diabetes mostly affects adults.
- **Diabetes Symptoms** – There are many noticeable symptoms of diabetes which include but are not limited to:
 - Increased thirst and dry mouth
 - Frequent urination
 - Fatigue
 - Blurred vision
 - Unexplained weight loss

If you or someone you know is experiencing any of the symptoms listed above, please contact a provider.

◆ Wellbeats

Wellness

Self-Care

Managing diabetes often involves regular physical activity, stress management, and healthy eating – all of which are supported by the Wellbeats Wellness Time Savers Program:

- **Manage Stress** - Stress can impact blood sugar levels. Mindfulness practices like “**Time for a Reset**” can help reduce anxiety.
- **Stay Active** - Regular movement, such as “**Total Tone In Ten**”, supports blood sugar regulation and overall energy.
- **Eat Healthier** - Nutrition tips like “**Breakfast: Start Your Day Right**” promote balanced eating habits.

Ready to join? In your Wellbeats Wellness account, go to Programs to join the Intro to Mindfulness today. Start today and discover the transformative power of inner peace.

Download the Wellbeats Wellness app
or go to portal.wellbeats.com to get
started, or by scanning the QR code!



Aetna Transform Diabetes Care

The Transform Diabetes Care program is a no-cost, 12-month program for Aetna Medical Plan enrollees, offering customized diabetes management guidance. Call Aetna Member Services to get started.

Works Cited:

- [Cleveland Clinic Diabetes Overview](#)