

Health and Wellness Tip of the Week - Week 46

November is Diabetes Awareness Month. *It's the perfect time to remind employees about the importance of staying healthy and lowering your risk of diabetes.*

November 16, 2015

Taking Control of Your Diabetes

Test your blood sugar daily

Write down the results. Regular testing helps ensure your treatment plan is working.

Eat right

Choose foods and recipes with less sugar, less fat and low sodium. Eat meals that are high in fruits, vegetables and whole grain.

Stay active

Walk, bike, swim or hike. Check with your doctor to see if you should have limits in your exercise program.

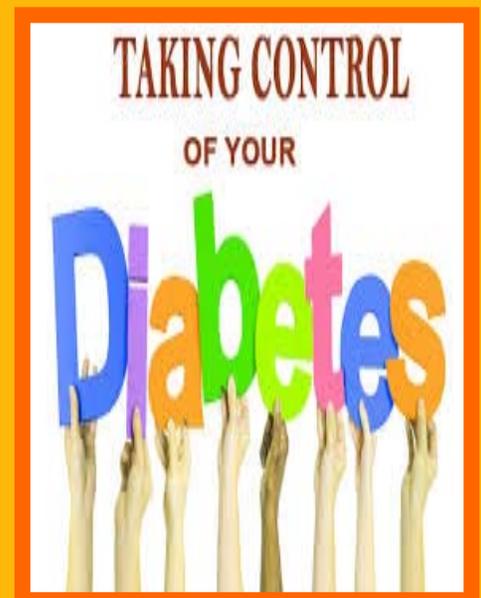
Take prescribed medicines as directed

Ask your health care provider if other medication that you may be taking, either prescribed or over the counter, will interfere with your diabetes medication.

Regulating your diabetes may help control:

- Kidney disease
- High blood pressure
- Vision problems
- Poor circulation

Sources: BlueCross BlueShield of Texas



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