

# November is Diabetes Awareness Month



**Diabetes can be a demanding disease to manage.**

If you have a loved one living with diabetes, there are ways you can help. Because managing diabetes is easier when the whole family gets involved.

## Ways you can help a loved one living with diabetes

### **Encourage healthy eating**

Together you can plan meals including vegetables, whole grains, fruit, low-fat dairy, healthy fats, and lean protein sources.

### **Attend a diabetes support group**

You can receive support and learn strategies to cope with your feelings and the disease.

### **Offer to attend doctor appointments**

The more you understand about diabetes, the more quality support you can provide.

### **Be observant to drops in blood sugar**

Learn the symptoms of low blood sugars and how to treat it if they are.

### **Exercise together**

Offer to exercise together a few times a week aiming for 30 minutes on most days.

### **Be positive**

Offer positive support, not negative stories.

If you or your family member has diabetes and are enrolled in our health plan,

**Join the Good Health Gateway® Diabetes Care Rewards Program at [GoodHealthGateway.com](http://GoodHealthGateway.com) or by calling 800.643.8028**

You'll get help with managing your condition, and you can earn rewards.

**Join Today** 800.643.8028 | [GoodHealthGateway.com](http://GoodHealthGateway.com)

