



Tulare County Employee Wellness Program

DIABETES AWARENESS

June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> 	<p>4</p> 	<p>5</p> 	<p>6</p> <p><i>Article</i> <u>How to Identify and Prevent Prediabetes</u></p> <p>Anthem BlueCross</p>	<p>7</p> <p><i>Article</i> <u>Diet, Diabetes, and Tooth Decay</u></p> <p>DELTA DENTAL</p>
<p>10</p> <p><i>Article</i> <u>Living With Type 1 Diabetes</u></p> <p>American Diabetes Association</p>	<p>11</p> <p><i>Article</i> <u>The Connection Between Diabetes and Exercise</u></p> <p>Anthem BlueCross</p>	<p>12</p> <p><i>Pre-Recorded Webinar</i> <u>Don't Blame Me!</u></p> <p>CDC</p>	<p>13</p> 	<p>14</p> 
<p>17</p> <p><i>Quiz</i> <u>Diabetes and Eye Health</u></p> <p>vsp</p>	<p>18</p> <p>Check out this month's healthy recipe: <u>Strawberry "Nice" Cream</u></p>	<p>19</p> <p>County Holiday (observed)</p> 	<p>20</p> <p>Diabetes Prevention Program:</p> <p>LARK Anthem BlueCross</p>	<p>21</p> 
<p>24</p> <p>Health Coaching <u>Visalia Govt Plaza</u></p>	<p>25</p> 	<p>26</p> <p>Health Coaching <u>Virtual Sessions</u></p>	<p>27</p> <p><i>Health Talk</i> <u>Diabetes 12:30-1:30pm</u></p> <p>KAISER PERMANENTE</p>	<p>28</p> 

ARTICLES

How to Identify and Prevent Prediabetes

Type 2 diabetes can lead to serious health problems, but it's not a disease that occurs overnight. Instead, people generally go through a period called "prediabetes" before true diabetes takes hold. If you're diagnosed with prediabetes, it's possible to turn the condition around and prevent diabetes. This is why it's important to understand the tests and lifestyle changes that can help diagnose and treat it. Follow the link for information about Prediabetes, including risk factors, testing, and prevention: [How to Identify and Prevent Prediabetes](#).



Diet, Diabetes, and Tooth Decay

If you're one of the 34 million Americans with diabetes, you're probably aware that the disease can cause problems with your eyes, nerves, kidneys, heart and other parts of your body. What you may not know is that people with diabetes are more susceptible to developing oral infections and gum (periodontal) disease than those who do not have diabetes. Diet is one of the most crucial elements for maintaining a healthy mouth if you have diabetes. The following article explains what you can do to prevent tooth decay and the importance of healthy eating when living with diabetes: [Diet, Diabetes, and Tooth Decay](#).



Living With Type 1 Diabetes

With the right tools and support, you can do anything. Whether you've been newly diagnosed with type 1 diabetes, are helping a loved one, or have been managing your condition for a while, help is here. No matter how type 1 diabetes has shown up in your life, you can find success by balancing your medications and sticking to your daily exercise routine and nutrition plan. But wherever you are with this challenge, you can always reach out for help of any kind—from your caregivers, your family, or other people who live with type 1 diabetes: [Living With Type 1 Diabetes](#).



The Connection Between Diabetes and Exercise

Having diabetes, whether it's Type 1 or Type 2, is no reason to stop moving. In fact, exercise can help all diabetics better manage their blood sugar. It's important, though, to understand the different ways your body might react during and after exercise. Talking with your doctor before you start a new exercise plan will help ensure you get the most from every workout. Click the link below for information from Anthem Blue Cross on why exercise is a helpful tool in managing diabetes: [The Connection Between Diabetes and Exercise](#).



Pre-Recorded Webinar: "Don't Blame Me!"

Managing diabetes can be challenging. Both people with diabetes and providers who care for them can be frustrated by setbacks. People with diabetes need to make lifestyle changes to control their glucose levels and avoid complications, but it's not simply a matter of will power. When people with diabetes fall short, sometimes the environment is often to blame. Providers may feel blame, too. This webinar discusses self-care behaviors to help address their emotional needs. Click the following link to watch this **pre-recorded** webinar provided by the Centers for Disease Control and Prevention: [Don't Blame Me!: Helping Providers and People with Diabetes Overcome Challenges for Behavior Change.](#)



Quiz: Diabetes and Eye Health

Did you know it's especially important for diabetics to get their eyes examined regularly? [Take this quiz](#) to test your knowledge of the effect diabetes has on your eye health.



**QUIZ:
HOW MUCH
DO YOU
KNOW ABOUT
YOUR EYES &
DIABETES?**



Strawberry "Nice" Cream

Total Time: 3 hours 10 minutes

Prep: 10 minutes

Serves: 4

Difficulty: Easy

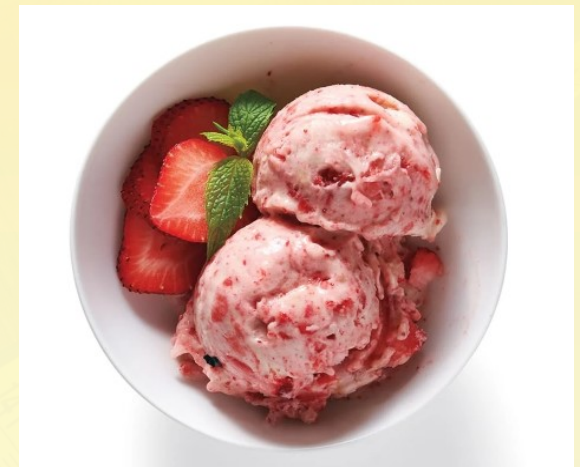
Ingredients:

- 1) Unsweetened frozen strawberries (1 1/2 cups, sliced)
- 2) Bananas (2 large, ripe)
- 3) Vanilla Extract (1/2 tsp)



Instructions:

- 1) Peel bananas and cut them into 1-inch chunks. Place them in a large zip-close plastic freezer bag. Seal and freeze until frozen solid, 2 to 3 hours.
- 2) Place frozen bananas and frozen sliced strawberries in food processor; puree, scraping down side of bowl with rubber spatula. Add vanilla extract and pulse.
- 3) Serve immediately or, for a firmer texture, transfer to a container and freeze until ready to serve; allow to soften about 10 minutes at room temperature. Garnish with fresh berries and mint leaves if desired.





Prevent Type 2 Diabetes with CDC Certified Diabetes Prevention

lark

2M+ Patients Trust and Love Lark

Lark is the first AI-driven Diabetes Prevention Program Fully Recognized by the Centers for Disease Control (CDC). By leveraging **conversational AI** and connected devices, Lark provides personalized coaching to guide members to understand their condition, make healthy lifestyle changes and drive **improved health outcomes**.

Includes
connected scale



Proven Outcomes at half the cost of competitors

5.3%

average body
weight loss at 12
months*¹

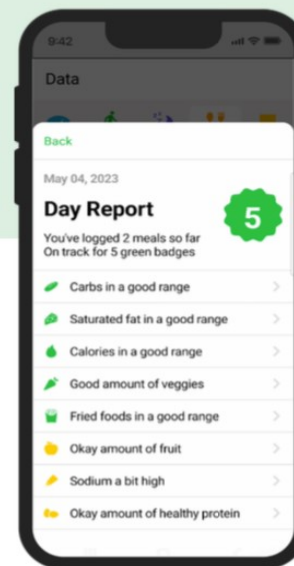
40%

achieve at least
5% weight loss at
12 months*¹

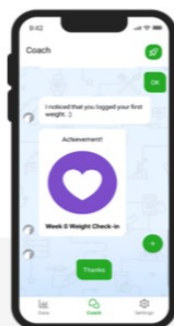
8.56%

average peak
weight loss for
members over
age 65*²

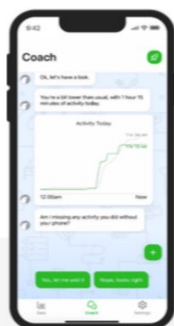
*among members meeting CDC qualification criteria



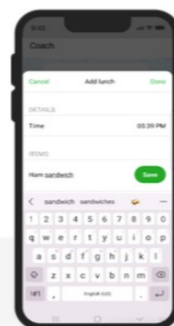
Daily Nutrition Report



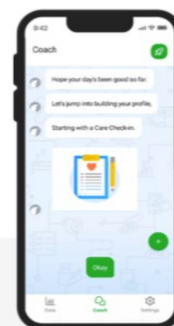
Weigh-In Reminders



Activity Coaching



Meal Logging



PHQ-2 Screener for
Mental Wellness

Improved Access

93%

of Lark DPP users live in
partial or whole county
Health Professional
Shortage Areas (HPSAs)³

1. Graham, Sarah A., et al. "Weight loss in a digital app-based diabetes prevention program powered by artificial intelligence." Digital Health 8 (2022): 20552076221130619.
2. Auster-Gussman, Lisa A., et al. "Engagement in Digital Health App-Based Prevention Programs Is Associated With Weight Loss Among Adults Age 65+." Frontiers in Digital Health (2022): 81.
3. Auster-Gussman, Lisa A., et al. "Reach of a fully digital diabetes prevention program in health professional shortage areas." Population Health Management 25.4 (2022): 441-448.

FLY2306078



World's First AI Provider
NPI #1114438157



**American
Diabetes
Association**

KAISER PERMANENTE HEALTH TALKS



Kaiser Permanente is dedicated to providing high-quality, affordable health care services and improving the health of our members and the communities we serve.

That's why we're bringing our providers to you through a series of virtual health talks. The health talks include a presentation by providers who are experts in their field followed by Q&A. These events are free. Separate registrations will be available for each talk; watch for details*.

Flyers and Recordings

<https://thrive.kaiserpermanente.org/care-near-you/northern-california/santaclara/health-resources/kp-health-talks/>



PERMANENTE MEDICINE.
The Permanente Medical Group

**4TH THURSDAYS
JANUARY - OCTOBER
12:30 - 1:30 PM**

2024 TOPICS

January 25

Beyond the Shot - Weight Management Tools

February 22

Couples Communication

March 28

Allergies

April 25

Bone Health

May 23

Stroke Prevention

June 27

Diabetes

July 25

Dementia

August 22

Adverse Childhood Events (ACEs)

September 26

Anxiety in Children & Teens

October 24

Kidney Health

*Topics subject to change

KAISER PERMANENTE. thrive



County of Tulare Health Coaching



Health Coaching includes:

- On-site or virtual Health Coaching Sessions
- One-on-one post Biometric Screening Coaching session will provide a comprehensive overview of the key test results and an understanding of what they are
- This review will include lifestyle recommendations that are specific to certain test values and ways to be proactive about managing your health

Eligibility: Employees enrolled in the SJVIA Health Plans
Employees who completed an on-site Biometric Screening

Locations:

Date	Location	Room or Virtual
Monday, June 24, 2024	Visalia Government Plaza	Aspen Room
Wednesday, June 26, 2024	Virtual Sessions	Microsoft Teams invite

Appointments:

Sign-up for your FREE On-site or Virtual Health Coaching Session:

[Click to Schedule Appointment](#)

Or visit www.elitecorpmed.com and click "Client Portal"

Enter Access Code: **TULHC24**



For questions, contact HR&D Benefits at (559) 636-4911 or OEHealth@tularecounty.ca.gov