

# WELLNESS CARE PACKAGE

## November 2021

PREVEA<sup>360</sup>  
health plan<sup>SM</sup>

Programs are open to all, regardless of insurance, unless otherwise noted\*

### Why is November 14 World Diabetes Day?

November 14 is Dr. Frederick Banting's birthday, who discovered insulin in Toronto in 1922. You may associate insulin only with diabetes, but did you know that it's a hormone in *your body* created by the pancreas that controls the amount of glucose (blood sugar) in your bloodstream?

Type 1 Diabetes is an autoimmune condition where the pancreas does not make insulin. In Type 2 Diabetes, your pancreas does not produce enough insulin and/or cells respond poorly to insulin.

*Controllable* factors such as being overweight, poor nutrition, inactivity and smoking have all been linked to key contributors of Type 2 Diabetes, which is why it's so important to get ahead of it. Here are some things you can do for prevention or management in November as **National Diabetes Awareness Month**:

- Join the [Rethink Your Drink Living Healthy\\*](#) challenge. Reducing sugar and drinking more water can help prevent diabetes.
- Start a [Living Healthy\\*](#) Daily Habits plan to start or improve a healthy habit. If you have diabetes, join the Diabetes Plan which focuses on several daily activities, as well as activities done less frequently that still have a critical impact on your health.



### Find the Program for You

- **Tuesday, Nov. 16 – 12pm**  
Join the [“Sorry I’m Late, I Didn’t Want to Come”](#) virtual Book Club, especially if you consider yourself an introvert! Just like the book character, challenge yourself to get out of your comfort zone by joining this fun discussion.
- **Wednesday, Dec. 1 – 12pm**  
Learn how to [arm knit an infinity scarf](#) just in time for homemade holiday gifts or add some style to your winter wardrobe.
- **Learn how to take a [Self-Care Approach to the Work Week](#)**
- **New [Living Healthy\\*](#) Daily Habits Plan: Maternal Health**  
Three 84-day plans specifically designed for each trimester.



Interested in something else? [Explore all Health & Wellness programs & upcoming events.](#)