



Questions or Comments? Contact us:  
PEHP Wellness • 801-366-7300 or 855-366-7300  
email: [healthyutah@pehp.org](mailto:healthyutah@pehp.org)

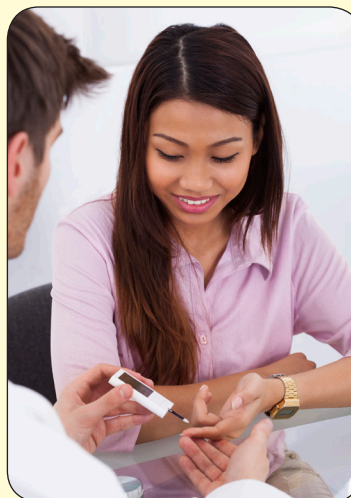
## FEATURE

### PEHP Can Help Diabetes Management

November is [American Diabetes Month](#). If you or a family member has been diagnosed with diabetes, PEHP can help. Start by subscribing to our [Diabetes Self-Management](#) email group and receive useful health information, support, and recipes. PEHP also offers **FREE** online [resources for diabetes](#), which includes a web-based class developed by PEHP Registered Dietitians. Check out [PEHP Diabetes and YOU](#), an email and webinar-based class designed to teach participants how to make healthy choices, manage diabetes, and improve their health.

Also, on Nov. 19 the [Great American Smokeout](#) takes place. PEHP members who want to be tobacco-free can access the [PEHP Quitline](#) for resources and support. In this edition of the PEHP Wellness newsletter you can register for our annual [Maintain Don't Gain](#) holiday health challenge, learn about [PEHP Diabetes Management rebates](#), and enjoy articles about healthy living. We hope you enjoy this issue.

– Your PEHP Wellness Team



#### DIABETES FACT

Diabetes affects nearly 30 million children and adults in the U.S. today – nearly 10 percent of the population. – *American Diabetes Association*

### PEHP HEALTHYUTAH WEBINAR

**Give Thanks . . . Get Happy!**

**What:** How does gratitude change your life? Tune in to find out, and discover practical ways to be more grateful.

**When:** Nov. 2, 2015, 12–12:30 p.m.

**Presenter:** Emily Mecham, PEHP Waist Aweigh Coach

[Register for upcoming webinar](#)

**Can't make it?** All [PEHP Wellness Webinars](#) are archived for future viewing.

### ON THE CALENDAR

**FREE Guest Speaker – Novo Nordisk presents Jay Hewitt**

**When:** Friday, Nov. 13, 12-1 p.m.

**Where:** Aspen Room in East Senate Bldg at the State Capitol Complex



Jay is a motivational speaker, attorney, and elite Ironman Triathlete with Type 1 Diabetes. His message is, "Don't let diabetes hold you back!" Register [here](#) to reserve your **FREE** seat for PEHP members and spouses. Space is limited – [sign up](#) today!

#### CLICK TO NAVIGATE

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## MOVE IT

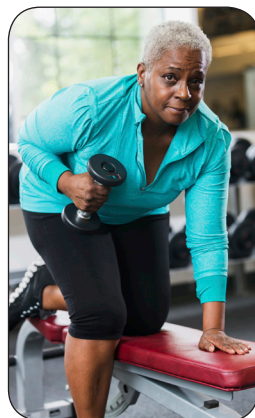
By Jill Bryan

### Decrease Diabetes Risk with Exercise

Exercise is important for everyone, especially for those with diabetes or who have a high risk of developing type 2 diabetes. Participating in physical activity and achieving a healthy weight has been shown to decrease the risk for type 2 diabetes up to 58%.

Recommendations for high-risk adults from the American College of Sports Medicine and the American Diabetes Association include getting at least 2.5 hours a week in moderate to vigorous activity along with healthy lifestyle changes to help prevent types 2 diabetes.

Research also shows that people with type 2 diabetes who lose weight through physical activity and healthy



changes to their eating plan are less likely to need diabetes and heart medicines. During exercise, your cells become more sensitive to insulin so insulin can work more efficiently and your cells

remove glucose from the blood using a mechanism separate from insulin.

Being consistent is the key to achieving these health benefits. Find activities that you enjoy keeping you motivated and staying active.



#### DIABETES FACT

People born in the year 2000 or later have a 1 in 3 chance of developing diabetes during their lifetime.

– Centers for Disease Control (CDC)

## WORKOUT WARRIOR

### 110 PARTICIPANTS IN SEPTEMBER

The theme of the September Workout Warrior was **Turn Back the Clock** – 110 Workout Warriors participated. Shauna H. was the random winner of an Amazon gift card. Congratulations Shauna!



The theme for November is **Gobble Up Good Habits**.

Sign up for our Workout Warrior monthly challenge [here](#).

Workout Warrior is email-based, self-paced, and moderated by PEHP Wellness staff. Participants receive useful health information about physical activity. Enroll to be better informed, increase your motivation, and you might even win a prize for participating!

Keep moving!



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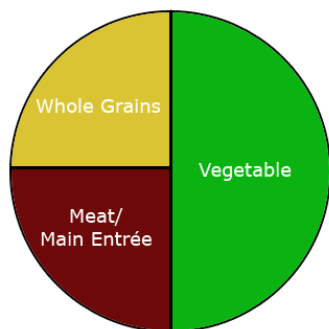


## FOOD FOR THOUGHT

By Maria Givler

### Regulate Glucose by Building a Better Plate

A simple way to add nutrition, balance calories, and help regulate blood glucose levels is to build a better plate. Fill half of your plate with non-starchy vegetables. The other half of your plate should be



divided between a whole grain and a lean protein. Add a serving of whole fruit and an 8 oz. glass of low fat milk (or milk alternative) to complete your meal.

Enjoy this list of [non-starchy vegetables](#) for mealtime ideas. Choose whole grains, [starchy](#)

[vegetables](#), beans, peas, and lentils too. Remember, about one quarter of your plate should come from starchy foods. Practice [creating your plate](#) with this helpful tool from the American Diabetes Association. Enjoy these recipes:

- » [Sautéed Spinach with Pine Nuts and Golden Raisins](#)
- » [Roasted Garlic Lemon Broccoli](#) (decrease salt to  $\frac{3}{4}$  tsp)
- » [Sautéed Brussels sprouts with Garlic and Pecorino](#)

## SIMPLIFY YOUR LIFE

By Tiffany Anderson

### **Know** Your Numbers ... Earn Some Cash!

PEHP Healthy Utah offers [rebates](#) to eligible PEHP members and spouses (check with your Human Resources Department to see if your employer participates). The first step is attending a Healthy Utah testing session and creating a health improvement plan at your PEHP online personal account. After submitting your online assessment results and score you can earn our **Know & Plan** \$50 rebate. If your measurements fall within the recommended guidelines for cholesterol, blood glucose, body composition (BMI), blood pressure, and you are tobacco-free, you could also earn the [Good for You](#) \$50 rebate.

PEHP is here to help. **Know** your numbers...make a **Plan** to improve...and **Act** for good health.

#### REBATES

If you do not currently meet the criteria for the **Good for You** rebate, you may qualify for **ACT Health Improvement** rebates, such as:

- » [BMI Improvement](#)
- » [Blood Pressure Improvement](#)
- » [Diabetes Rebate A](#) (\$300)
- » [Diabetes Rebate B](#) (Incremental \$25 to \$250)
- » [Cholesterol Improvement](#)
- » [Tobacco Cessation](#)



#### DIABETES FACT

Sign up for the **FREE Living with Type 2 Diabetes Program**; this 12-month program is offered by the American Diabetes Association. You'll receive information, tasty recipes, a monthly newsletter, and more. Register [here](#).

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## Contact us:

PEHP Waist Aweigh • 801-366-7300 or 855-366-7300  
email: waistaweigh@pehp.org

# PEHP WAIST AWEIGH

## SUCCESS STORY: MARIE A.

### Diagnosis Inspires Lifestyle Changes

I was overweight most of my life, and had lost weight several times but always gained it back.

#### TOTAL LOST

**Duration:** 8 months

**Weight:** 43 lbs

Being diagnosed with diabetes

prompted me to change my lifestyle, so I committed to make exercise my number one priority and eat a diet consistent with keeping my blood sugar in check.

I can now say that I am eating right and exercising! I walk, bike, and anything else I can do to

increase my physical activity. To help me change my diet, I am following the Weight Watchers plan.

Knowing I was accountable each month with PEHP Waist Aweigh was very helpful to me, and monitoring my blood sugar daily is motivating to me.

To maintain my weight loss, I plan to exercise daily and keep eating right to manage my diabetes. For me, exercise and moving is the key advice I would pass on to anyone!

You can also find Marie's story [here](#).



Weight Management Program  
Support for positive lifestyle change



PEHP Waist Aweigh graduate  
Addy Moreno

### Are You Ready?

Please reflect on the following when considering enrollment in PEHP Waist Aweigh:

- » I am ready for a challenge
- » I understand potential barriers
- » I am motivated for long-term change
- » I can create a support system
- » I have realistic expectations
- » I am willing to invest time in my health

If these statements apply to you, you may be ready for PEHP Waist Aweigh.



#### DIABETES FACT

If you have diabetes and a body mass index of 25 or more, **modest weight loss of even 5-7 pounds** may improve your blood glucose levels and how your body responds to insulin, learn more [here](#).

### PEHP WAIST AWEIGH

Have a BMI of 30 or higher? With your dedication and our support, a healthier lifestyle is within reach with PEHP Waist Aweigh.



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## PEHP WEECARE

### Contact us:

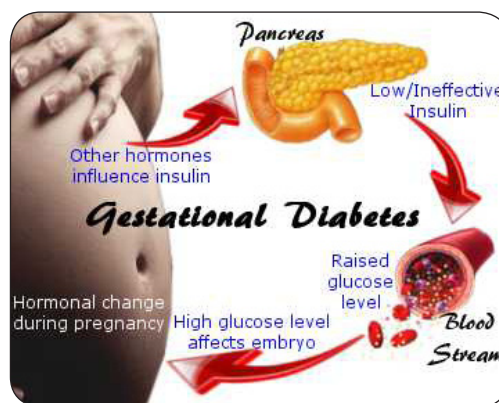
PEHP WeeCare • 801-366-7400 or 855-366-7400  
email: weecare@pehp.org

# Gestational Diabetes

**B**lood sugar (glucose) is the carbohydrate from food that your body uses for energy. When you have diabetes, your body cannot use sugars effectively and the sugar collects in your blood.

During pregnancy there are a percentage of women who will experience gestational diabetes. This type of diabetes typically goes away after pregnancy, but sometimes it stays.

According to the CDC, about *half of the women* who experience gestational diabetes will get type 2 diabetes later in life. Gestational diabetes is a very serious condition when not controlled.



For prevention and management of gestational diabetes, the National Diabetes Education Program suggests taking Action Steps, such as:

» **Breastfeeding your baby** – it may lower your child's risk for type

2 diabetes. Research shows that nursing can also help mothers lose their pregnancy weight 6 months after giving birth.

» **Aim to reach your pre-pregnancy weight 6-12 months after your baby is born.** Contact PEHP WeeCare to learn how you can earn a weight improvement rebate.

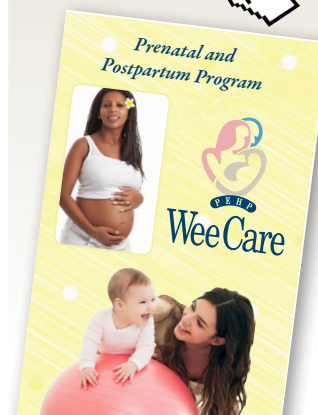
» **Get tested for diabetes 6-12 weeks after your baby is born,** then every 1-2 years afterward.

PEHP also offers online resources, classes, and programs to help our members better manage diabetes. View our **Resources for Diabetes** web page here.

## PEHP WEECARE

PEHP WeeCare is a pregnancy and postpartum program provided to help expectant mothers have the healthiest and safest pregnancy possible.

LEARN MORE/  
ENROLL  
**HERE**



### DIABETES FACT

**Know the facts and understand your risks for diabetes.** Monitor your blood glucose with your doctor, at home if directed by your physician, or annually at a PEHP Healthy Utah testing session.

### CLICK TO NAVIGATE



## MARK YOUR CALENDAR

Sign up for a PEHP Healthy Utah testing session.

**CLICK HERE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Health Tool of the Week: <a href="#">Stop Diabetes @ Work Resources</a> Daylight Saving Time Ends	<b>2</b> Noon Webinar "Give Thanks ... Get Happy"	<b>3</b> HU TESTING SESSION Gunnison / Taylorsville	<b>4</b> HU TESTING SESSION Gunnison	<b>5</b> HU TESTING SESSION Richfield	<b>6</b>	<b>7</b>
<b>8</b> Health Tool of the Week: <a href="#">PEHP Diabetes Management Rebates</a>	<b>9</b> HU TESTING SESSION Salt Lake City	<b>10</b> HU TESTING SESSION Salt Lake City	<b>11</b> Veterans Day, PEHP Offices open	<b>12</b> HU TESTING SESSION Provo	<b>13</b> Guest Speaker, Jay Hewitt – <a href="#">Join us!</a>	<b>14</b>
<b>15</b> Health Tool of the Week: <a href="#">PEHP Quitline...Be Tobacco Free!</a>	<b>16</b> Join <a href="#">Maintain Don't Gain</a> – Challenge starts today! HU TESTING SESSION Salt Lake City	<b>17</b> <a href="#">National Healthy Lunch Day</a>	<b>18</b>	<b>19</b> <a href="#">Great American Smokeout</a>	<b>20</b> HU TESTING SESSION Eureka	<b>21</b>
<b>22</b> Health Tool of the Week: <a href="#">Diabetics: How to Navigate a Thanksgiving Feast</a>	<b>23</b> HU TESTING SESSION Salt Lake City	<b>24</b> HU TESTING SESSION Salt Lake City	<b>25</b>	<b>26</b> Thanksgiving, PEHP Offices Closed	<b>27</b> Day after Thanksgiving, PEHP Offices Open	<b>28</b> <a href="#">United Nations Day</a>
<b>29</b> Health Tool of the Week: <a href="#">Type 2 Diabetes: Know Your Risk Test</a>	<b>30</b> HU TESTING SESSION Logan					

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