

# Road to **WELLfluent**™

Embrace better health.

## LOWER YOUR DIABETES RISK

### SMALL STEPS FOR YOUR HEALTH

There are many things you can do to help to delay or prevent type 2 diabetes and its complications, but where do you start? It's not always easy to eat healthy and be active in today's fast-paced world.

It's easier to make healthy lifestyle changes one step at a time and over time. Think of each small step as one piece of your effort to change your habits. The good news is that making just a few small changes can have a big impact on your health.

### ARE YOU READY, WILLING, AND ABLE TO CHANGE?

To succeed at making lifestyle changes you need to answer YES to the question, "Are you ready, willing, and able to change?" You must have stronger reasons to change than reasons not to change.

Take what you want to do and break it down into small steps. Then think about a few things you are ready, willing, and able to change. Once you master those changes you can figure out what you would like to tackle next.

### WHAT ARE YOU READY, WILLING, AND ABLE TO CHANGE?

Think about your current eating and activity habits. What foods do you buy? How active are you? Try to keep honest food records for a few days to get a true picture of what you eat. Based on your current habits, start with a few changes that are easy to manage. Pick some changes that you want to do the most, and that will make the biggest impact. Perhaps choose one change in your eating habits and another in activity. Remember you don't need to change everything at once.



For example, if you eat fast food at lunch because you're in a hurry, try bringing a healthier meal from home. Maybe you can get up and move around during the commercial break when you watch TV, or take a walk or stretch during your breaks at work.

### SETTING GOALS

There are many things you could do to manage your health; focus on one goal at a time.

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Setting "**S.M.A.R.T.**" goals can help you reach your health goals. **S.M.A.R.T.** goals can also help you manage your time and track your progress.



**S.M.A.R.T.** goals are Specific, Measurable, Attainable, Realistic, and Time-specific.

**SPECIFIC:** What exactly do you want to accomplish? Decide what, who, where, when, why, and how.

**MEASURABLE:** How can you track your progress? How will you know when you have made it to your goal?

**ATTAINABLE:** Is meeting this goal something that is possible for you? Do you have everything you need to make it happen? If not, how will you get what you need?

**REALISTIC:** Is the goal something you know you can do if you try? Is it important to you?

**TIME-SPECIFIC:** When will you complete this goal? Set a time or a deadline that you know you can meet if you try.

For example, "I will walk for 20 minutes with my neighbor after dinner on Monday, Wednesday, and Friday."

#### **MAKING AN ACTION PLAN THAT WORKS**

Think of one thing about food, physical activity, or coping that you are ready, willing, and able to change. Using the **S.M.A.R.T.** goals principles, write a goal for yourself.

#### **MY PLAN TO REACH MY GOAL**

The last step is to see how you did at making the change. Ask yourself these questions: Did I succeed? Did I set my sights too high? Did something happen in my life to keep me from being successful? If you were successful, give yourself a BIG pat on the back. (Or maybe a trip to the movies or better yet the park!) If you were less successful, think about what prevented you from having success and how to set up a plan to avoid those pitfalls.

Wait, you are not done! Making a change for two weeks or a month does not mean that it will stick for life. It's easy to slip back into old habits. Keep practicing your new habits. It may take time before they're part of your daily life. If you weren't successful, try again with a revised plan. Revise your goals if needed to make them more realistic. Make sure you're setting **S.M.A.R.T.** goals that are within reach.

#### **WHAT IS YOUR NEXT STEP?**

Once a goal is reached pick a new one work on. Slowly, goal by goal, over time you'll be eating healthier and staying more active. You'll also be on your road to preventing or delaying diabetes or its complications.

To learn more, visit

<http://www.diabetes.org/are-you-at-risk/lower-your-risk/small-steps.html>



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# DIABETIC EYE MONTH



## WHAT IS DIABETIC EYE DISEASE?

Diabetic eye disease refers to a group of eye problems that people with diabetes may face as a complication of the condition. Diabetic eye disease includes cataract, diabetic retinopathy, and glaucoma. Diabetic retinopathy, the most common diabetic eye disease, is the leading cause of vision loss and blindness in adults 20–74 years of age. The longer a person has diabetes, the greater the risk is of developing diabetic eye disease.

## HOW TO STAY ON TRACK TO PROTECT VISION

Diabetic eye disease often has no symptoms in its early stages, and the only way to detect it is through a comprehensive dilated eye exam. Other things that people with diabetes can do to delay or slow down the progression of diabetic eye disease include:

- T** - Take your medications as prescribed by your doctor.
- R** - Reach and maintain a healthy weight.
- A** - Add more physical activity to your daily routine.
- C** - Control your ABCs-A1C, blood pressure, and cholesterol levels.
- K** - Kick the smoking habit.

For more information visit: <http://www.ndep.nih.gov>

<https://nei.nih.gov/diabetes/content/english/faq3>



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# NOVEMBER 15 IS THE GREAT AMERICAN SMOKE OUT



The Great American Smokeout is an annual event sponsored by the American Cancer Society (ACS). It is held on the third Thursday of November. This event focuses on encouraging Americans to quit tobacco smoking. People are challenged to stop smoking for at least 24 hours assuming that their decision not to smoke will last longer, hopefully forever. Today, more than 43 million people in the United States smoke cigarettes, which is about 1 in 5 adults. The Great American Smokeout evolved from a number of smaller-scale events that took place in the 1970s. The first Great American Smokeout occurred in California on November 18, 1976.

According to the California division of the ACS, nearly 1 million people stopped smoking cigarettes that day. In 1977, the event was taken nationwide. Different people quit smoking in different ways. There are those who quit abruptly and completely and those who cut back gradually. Some people need substitutions and distractions to suppress cravings and others need special medicines. No matter which approach you choose, the Great American Smokeout is the perfect occasion to take the first step. Of course, whenever you decide to quit, go for it! You don't have to wait till November 15th.

To learn more, visit

<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>



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# TIME TO GET YOUR FLU SHOT

The CDC recommends everyone 6 months and older receive a flu shot as early in the season as possible, however, **its not too late! Get your flu shot now before the busy holiday season!**

However, the CDC continues to recommend the flu shot through the end of the flu season.

Source: [www.cdc.gov/flu](http://www.cdc.gov/flu)



## NOVEMBER EVENTS

| Date              | Time    | Event                                      | Location  | Description  |
|-------------------|---------|--|---|--|
| 11/1 - 4/18       | Varies  | Disney Wine & Dine Half Marathon Weekend   | Orlando   | It's a fabulous weekend with some of your favorite Disney chefs! We're serving up a delectable race menu for participants of all ages and skill levels, plus a challenge for those craving two courses. Enjoy a cornucopia of Disney entertainment at the races, and later, live it up at an after-hours Post-Race Party-exclusively for runners and their Guests!<br><a href="http://www.rundisney.com/wine-and-dine-half-marathon/">http://www.rundisney.com/wine-and-dine-half-marathon/</a>  |
| Sunday 11/4/18    | 8:00 am | Salute to Veterans 5K                      | Riverside Arts Market Jacksonville, Florida     | This event honors our veterans, benefits the effort to BRING HOME THE USS ADAMS and supports K9s For Warriors! 1st official event for the City of Jacksonville 2018 Week of Valor! 3rd Annual PATRIOTIC PAWS PARADE! Bring your dressed-up pups! Thanks to CHASE...Free race souvenirs and post-race food!<br><a href="http://1stplacesports.com/races/salute/">http://1stplacesports.com/races/salute/</a>  |
| Thursday 11/22/18 | 8:30 am | Miami Turkey Trot                          | Tropical Park, 7900 SW 40th St. Miami, FL 33155 | Miami's favorite Turkey Trot returns on Thanksgiving Day. Warm up your appetite with the Baptist Health Turkey Trot Miami 5K/10K presented by Publix. Turkey Trot Miami, formerly known as Turkey Day Run Miami, brings family and friends together with a light-hearted 5K/10K and Kids Trot. Runners, joggers and walkers are invited to start the Thanksgiving Day in a pre-feast healthy way.<br><a href="http://www.turkeytrotmiami.com/">http://www.turkeytrotmiami.com/</a>   |
| Thursday 11/22/18 | 8:30 am | 2018 Gainesville Turkey Trot 5K & 10K Trot | 1621 NE Waldo Rd Gainesville, FL 32609          | Join us Thanksgiving morning for Gainesville's 9th annual Turkey Trot 10K & 5K. Get in a good run early so you can enjoy a guilt-free feast later! This is a friendly, off-road course through the beautiful turkey-filled forest surrounding Tacachale as well as the running trail encircling the entire perimeter of the campus. The property offers not only beautiful running trails, but a very safe and traffic free venue. A portion of each registration will go directly to Tacachale and The Agency for Persons with Disabilities.<br><a href="https://runsignup.com/Race/FL/Gainesville/201510kTurkeyTrot2MileFunRun">https://runsignup.com/Race/FL/Gainesville/201510kTurkeyTrot2MileFunRun</a> |



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