

# November Wellness News

## Diabetes Awareness Month

Did you know that over [37 million people in the U.S. have diabetes](#), and another 96 million adults have prediabetes?

The body regulates blood sugar (glucose) through the pancreas, which produces insulin to enable the body to use sugar from food for energy. Both Type 1 and Type 2 diabetes disrupt the body's ability to regulate blood sugar. If left untreated, diabetes can lead to serious health complications, such as heart disease, vision loss, and kidney disease.

If you think you may be at risk of developing Type 2 diabetes or are seeking support with diabetes, the resources below are here to help.

### Resource #1: Omada for Prevention

The Omada app can reduce your risk for Type 2 diabetes by helping you create healthy routines that stick. It combines smart health devices with ongoing personal support to help you make the changes that matter most to you. Want to eat healthier? Get more exercise? Improve your sleep? Lower your stress? Learn more in the attached Omada flier.

### Resource #2: Omada for Diabetes Management

If you have diabetes, the Omada for Diabetes program provides personalized support and digital tools to help you meet your goals. From achieving target blood glucose levels to getting the most of your doctor visits, Omada will help you build relevant skills at a manageable pace, resulting in changes that last. Take a quick health assessment at [Go.OmadaHealth.com/MHC](https://Go.OmadaHealth.com/MHC) to see if you are eligible to participate.

### Resource #3: My Health Rewards by Medica® Diabetes Journeys®

Complete a Journey focused on how to live well with diabetes, or how to feel better if you're at risk of Type 2 diabetes. [Sign in](#) to your My Health Rewards account, go to the "Health" tab and choose "Journeys" to get started. (Don't have a My Health Rewards account yet? [Get started.](#))

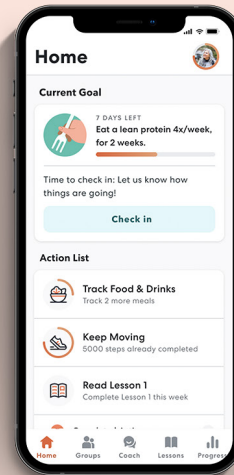
- Live Healthy: Diabetes
- Eat Well to Manage Blood Sugar

### Resource #4: Pre-diabetes quiz

For more information on your risk for developing Type 2 diabetes, take a [60 second diabetes risk test](#). We also recommend scheduling a visit with your doctor if you believe you may be at risk for Type 2 diabetes.



# Better health, made easier



Whatever ‘healthy’ means to you, Omada® helps you get there.  
**All at no cost to you.**

## What you get with Omada:

- ✓ A plan built around you
- ✓ Dedicated health coach & care team
- ✓ All the smart health devices you need

## Do what works for you

We’ll help you figure out the healthy habits and routines that work for you—motivation included.

## 24/7 access to support

From weekly lessons to online community, get all the tools you need to face any challenge head-on.

## You decide what ‘healthy’ means

Try new things you actually enjoy, rather than avoiding foods you “can’t eat” or things you “shouldn’t do.”



## The best part? It’s covered.

If you or your adult family members are at risk for type 2 diabetes or heart disease or are living with diabetes, and enrolled in our Medica health plan, Minnesota Healthcare Consortium will cover the entire cost of the program.

It only takes 1 minute to get started.

[omadahealth.com/mhc](http://omadahealth.com/mhc)

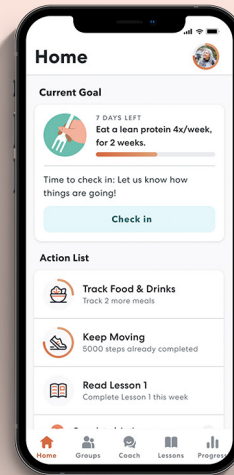
**With Omada, there’s a program for you**

-  Weight loss & overall health
-  Diabetes





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