

# Helping you

**CLINICAL** • **ADVOCACY** • **RELATIONSHIPS** • **EMPOWER**

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## The health topic for August is diabetes prevention.

This month, you'll find information to support members in learning about:

- How to delay or avoid a diabetes diagnosis
- How to keep diabetes under control
- Tests, diets, exercise programs and medical interventions

You'll also find other wellness-related links to share with your employees.

Get in touch with UMR if you have any questions or want additional resources.

## Diabetes prevention resources

You can use the links below to download this month's PDFs to print and display in your workplace. Or you can pass them along to your employees via email, digital newsletter or your intranet.

### [Turn the corner on diabetes Spanish version](#)

This poster informs members, particularly those at risk for developing diabetes, of how the condition can be delayed or avoided with modest weight loss through diet and exercise. It encourages members to complete an interactive tutorial on preventing diabetes using the online wellness tools available through [umr.com](http://umr.com).

### [Don't let diabetes define you Spanish version](#)

This poster educates members with diabetes about daily self-care tips they can follow to help keep their condition under control. A QR code links members to a checklist of steps to help them stay on track with their diabetes.

These additional article links can help your employees learn more about preventing and living with diabetes:

- [Diabetes](#)
- [Diabetes - preventing heart attack and stroke](#)
- [Diabetes tests and checkups](#)
- [Diabetes myths and facts](#)
- [National Diabetes Prevention Program](#)

And here are some tasty, healthy recipes for your employees to try:

- [Veggie Chow Mein](#)
- [Pasta Salad](#)
- [Grilled Vegetables](#)
- [Avocado Melon Breakfast Smoothie](#)
- [Chicken Salad and Peach Sandwich](#)

## Mental health awareness

According to the Centers for Disease Control and Prevention, the number of adolescents reporting poor mental health is increasing. In 2021, more than 4 in 10 (42%) students felt persistently sad or hopeless, and nearly one-third (29%) experienced poor mental health. If you have a student in your life, back-to-school season is a good time to brush up on the signs of [anxiety disorders](#) and [depression](#) as you help them navigate new schedules, academic pressures and relationships.



## Healthy You magazine

UMR sends a monthly digital newsletter directly to members with information about what's in the latest issue of *Healthy You* magazine. You can also post a link to the magazine on your intranet site or share specific articles that might interest your employees. This month we're promoting these articles:

### [Summer water safety](#)

Keep everyone protected when you're swimming, boating or just soaking up the sun.

### [Health Literacy 101: Doctor's office anxiety](#)

Try these practical tips for facing your fear of medical appointments.

### [Stay hydrated this summer](#)

Whether you prefer still or sparkling, water is key to a healthy life, especially when it's hot outside.

*Find the entire [Summer issue here!](#)*