Anthem

November 2025

Wellness News

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“Don’t wait until the fourth Thursday in November,
to sit with family and friends to give thanks.
Make every day a day of Thanksgiving!"
- Charmaine J. Forde

Anthem Members:
You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing from the **Sydney Health app.**

Scan the **QR code** to download the app today.

Understanding Diabetes and Symptoms that can occur

What is diabetes?

Diabetes is a condition where the body can't make insulin or does not use it well. Insulin is a hormone that helps our bodies use the energy from the glucose in the food we eat. Without insulin, glucose levels in the blood stream can become too high. When this happens, serious health problems can result such as nerve damage, heart disease, blindness, stroke, and kidney failure.

Types Of Diabetes

The Centers for Disease Control and Prevention lists three main types of diabetes

1. **Type 1** diabetes can affect anyone but is typically diagnosed in children and young adults. If you have this type of diabetes, you produce very little insulin, or none at all, so you need to take insulin every day. There is no way to prevent type 1 diabetes.

2. **Type 2** diabetes is the most common type. If you have type 2 diabetes, your body either makes too little insulin or doesn't use it properly. With this type of diabetes, regular blood sugar testing is important as you may not notice any symptoms.

3. **Gestational diabetes (GDM)** is a form of diabetes that appears during pregnancy. While GDM usually goes away after pregnancy, it can put women and their babies at higher risk for type 2 diabetes.

Prediabetes

If you have prediabetes, it means your blood glucose levels are higher than what is considered normal. While prediabetes is not a type of diabetes, is does mean you're at higher risk of developing type 2 diabetes. Learning about the risk factors for prediabetes and making lifestyle changes can help prevent or delay type 2 diabetes.

Anthem Members: Please visit our **Sydney Health** app to find programs, tools and resources available to you. For members living with a chronic condition like diabetes (pediatric & adult), asthma, heart failure, COPD, etc. Prediabetes? Take the one-minute survey to know if you qualify. Please take advantage of our **ConditionCare program and our Diabetes Prevention Program** –confidential, and no cost to plan members. **Sydney Health** app select **MENU**, **ACCESS C**ARE, then, **My Health Dashboard**, then **Featured Programs** to find the above program and others available to you and your covered loved ones.

Symptoms Of Diabetes

It's important to know the **symptoms of diabetes** that can occur. If you experience any of them, see your doctor about having your blood sugar tested. You could have diabetes if you:

- Urinate a lot, often at night
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual

Source: https://www.anthem.com/blog/diabetes-management

Living with Diabetes And How Your Family Can Support You

When you have a chronic condition like diabetes, it's natural that family members will want to be there for you. To help them understand how to best support you, try to learn what you can about diabetes. Then you can talk about it with your loved ones and share the type of support you need to maintain a healthy lifestyle.

Asking For Support

Family members are an important source of support when you have diabetes. Start by letting them know your condition doesn't have to stand in the way of an active life. By managing diabetes with a healthy diet and regular exercise, you can better control your blood sugar levels. You can ask your family for help with:

• **Eating healthy**. Food that's healthy for someone with diabetes is also healthy for everyone else. Try to eat more healthy meals together. Family-friendly diabetic recipes can include vegetables, fruits, whole grains, low-fat dairy, and lean protein such as fish and poultry.

• **Exercising**. Physical activity is important to staying healthy with diabetes. Having an exercise buddy can motivate you to get up and keep moving. Walking, jogging, swimming, and dancing all can be a part of this program — and can be more enjoyable as a family activity.

• **Recognizing warning signs**. High blood sugar (hyperglycemia) can cause frequent urination, extreme thirst, blurry vision, and fatigue. Low blood sugar (hypoglycemia) can cause fatigue, the inability to speak or think clearly, sweating, twitching, and passing out. A sudden drop in blood sugar can be especially dangerous. Ask your loved ones to keep a supply of sugary candy handy in case you show signs of hypoglycemia. They should also call for medical help if this occurs.

• **Quitting smoking**. If you do smoke, quitting with the support and encouragement of family members will benefit you. They can help celebrate your progress, participate in activities with you to keep your mind off smoking, or just be there whenever you need to talk. According to the **U.S. Food & Drug Administration**, when people quit smoking, the health benefits begin immediately.

Source: https://www.anthem.com/blog/diabetes-management

Explore what Anthem & Sydney Health has to offer

The Sydney Health mobile app connects you to the care, programs, and resources you need, when and where you need them. See some of what you can do:

- Find care and estimate costs.
- See what's covered and check claims.
- Access your digital member ID card.
- Access virtual care 24/7 for urgent care alternative, schedule an appoint for behavioral health support etc.
- Get answers faster through real-time, live chat with Anthem health representatives.
- Sync with fitness trackers and other devices.
- Receive health reminders and suggestions for wellness programs.
- Engage with wellness articles and videos.

Scan the QR code to download the app today.

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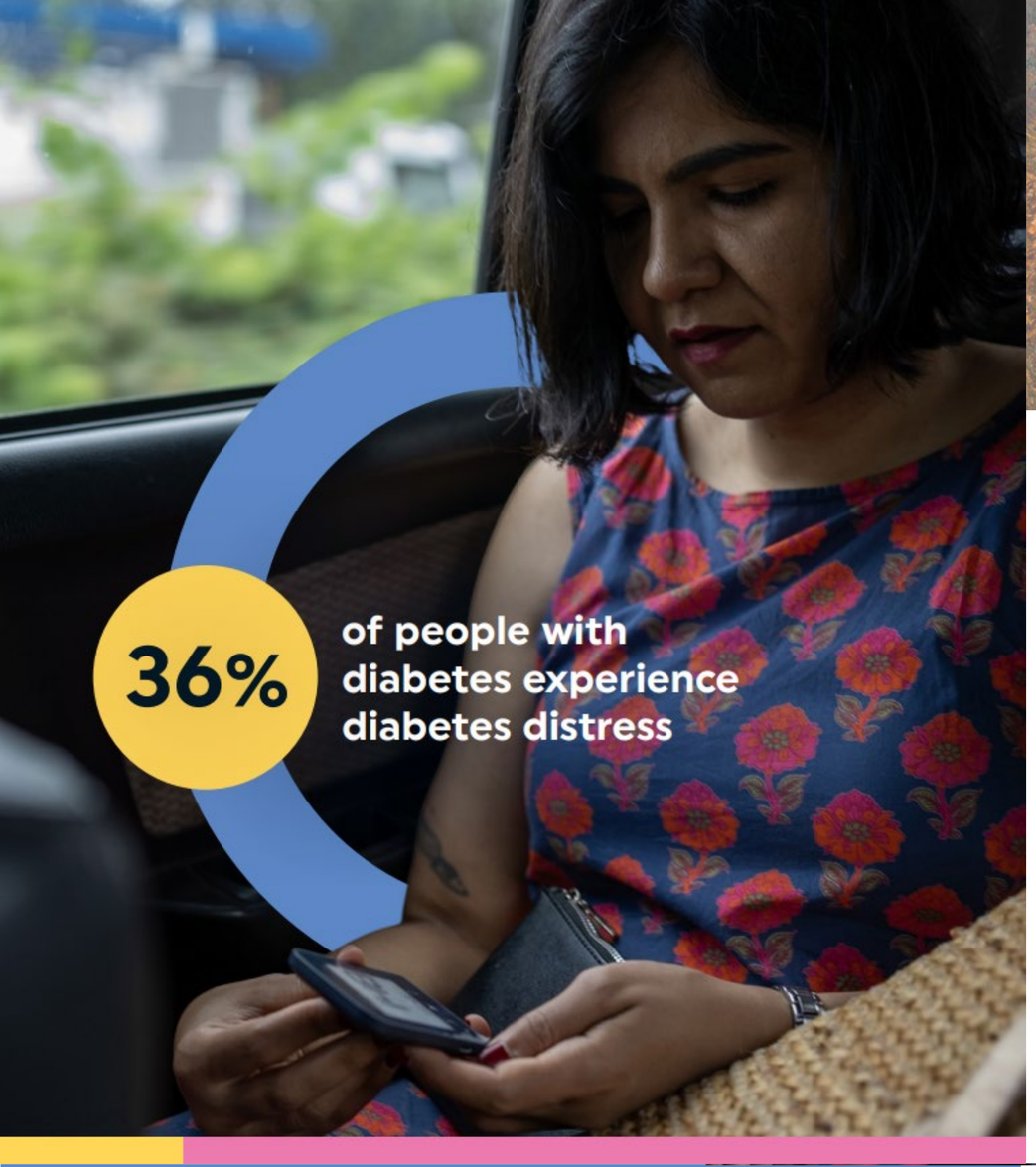

3 in 4

people living with diabetes have experienced anxiety, depression or another mental health condition because of their diabetes.

4 in 5

people living with diabetes experienced diabetes burnout.

Commitments and responsibilities in your daily life might make you feel overwhelmed or stressed at times. If stress becomes chronic, it isn't good for your long-term physical and mental health. Self-care tips for mental health include:

- **Talking to a mental health professional:** If you're not sure how to start counseling or where to find a therapist, your health plan can help connect you with mental health support.
- **Getting outside:** Being around nature can improve focus, lower stress, and boost your mood. If you're feeling angry or stressed, step outside for a few minutes. Enjoy the breeze and sunshine. Even small things like having a houseplant bring a touch of nature indoors.
- **Practicing gratitude:** Take a few minutes every day to be thankful for what you have by praying, meditating, or writing in a journal. Also, remember to tell those who matter most to you how much you appreciate them.

If you have diabetes, watch for symptoms of depression. These can include loss of interest in typical activities, feelings of sadness or hopelessness, and unexplained physical problems such as back pain or headaches.

If you think you might be depressed, seek help right away. Your health care provider or diabetes educator can help you find a mental health provider.

Source: https://worlddiabetesday.org/
Source: https://www.mayoclinic.org/diseases-conditions/diabetes/expert-answers/diabetes-and-depression/faq-20057904

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#DiabetesLife

We need to look beyond blood sugar **for a better diabetes life.**

world diabetes day
14 November

Anthem Members:

Log into the Sydney app tap MENU, ACCESS CARE, MyHealth Dashboard, Programs to find resources and tools, such as *ConditionCare or Emotional Well-being Resources*. Emotional Well-being Resources provide the support you need to develop resilience, reduce stress, and practice mindfulness. The online programs and personalized coaching help you work through thoughts and behaviors that affect your emotional well-being. You'll learn effective ways to manage stress, anxiety, depression, and sleep issues — at no extra cost to you.
*Be sure to create an account for your covered minor dependent ages 13+.

Harvest Bowls

Prep Time: *25 minutes* ***Total Time:*** *1 hours 25 minutes* ***Servings:*** *4*

It's a hearty all-in-one meal.

Healthy eating for prediabetes and diabetes not only helps to manage your blood glucose (blood sugar), it also helps you have a better relationship with food.

Ingredients:

Bowls

1 1/2 cups wild rice blend
2 2/3 cups chicken broth
2 Tbsp. unsalted butter
1 1/2 tsp. kosher salt, divided
1 lb. Brussels sprouts, trimmed and cut in half
2 small sweet potatoes, cut into 1/2-in. cubes
2 Tbsp. olive oil
1 tsp. ground black pepper
1 tsp. garlic powder
1 tsp. paprika
1/4 tsp. cayenne
1 rotisserie chicken, about 2 lb.
2 cups fresh baby kale
1 Honeycrisp apple, cored and cubed
1/2 cup crumbled goat cheese
1/4 cup roasted, salted almonds, coarsely chopped

Balsamic Vinaigrette

3 Tbsp. balsamic vinegar
2 tsp. honey
2 tsp. Dijon mustard
1 garlic clove, grated
1/4 tsp. kosher salt
1/4 tsp. ground black pepper
1/3 cup olive oil

Directions:

1. For the bowls: Preheat oven to 450°F.
2. Place the rice blend in a fine mesh sieve. Rinse the rice under water, using your hand to move the rice around for about 1 minute. Place the rice in a medium saucepan with the broth, butter, and ½ teaspoon of salt. Bring the mixture to a boil over medium-high heat. Reduce the heat to low, cover, and cook until the rice is tender, 45 minutes. Remove the pot from the heat and keep the rice covered for another 15 minutes. Fluff the rice with a fork.
3. Meanwhile, line a large baking sheet with foil. Add the Brussels sprouts and sweet potato. Drizzle the vegetables with the olive oil, tossing to coat. Sprinkle with the remaining 1 teaspoon of salt, pepper, garlic powder, paprika, and cayenne, tossing to coat. Roast until the vegetables are tender and browned, about 25 minutes, stirring halfway through.
4. For the balsamic vinaigrette: In a mason jar, add the balsamic vinegar, honey, mustard, garlic, salt, and pepper. Place the lid on the jar and shake vigorously until the ingredients are well combined, about 15 seconds. Add the olive oil and shake the closed jar again until the dressing is well emulsified. Store in the refrigerator and shake well before using.
5. Remove the skin and bones from the chicken. Shred or cut the meat into cubes, as desired.
6. To serve: Divide the baby kale among 4 bowls. Spoon on the wild rice and divide the Brussels sprouts, sweet potato, chicken, apple, goat cheese, and almonds. Drizzle with the balsamic vinaigrette.

Source: https://www.thepioneerwoman.com/food-cooking/recipes/a44704380/harvest-bowls-recipe/

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