



## November 2026

Our monthly health newsletter is a great resource that can keep your workforce healthy, motivated, and engaged throughout the year. We encourage you to share these wellness ideas, tools, and inspiration with your employees to support a workplace culture of well-being. Along with our featured health topic of the month, we offer a variety of free wellness resources to keep employees informed, inspired, and energized. Resources include our Monthly Wellness Calendar, Calm Sessions, Move It Mondays, Wellness Webinars, and more. Best of all, these offerings are available to employees of all health plans at no cost.

Can't attend a webinar live? No problem! Register, and we'll send an on-demand viewing link for convenient access. *(Available for 90 days from the live webinar)* We encourage you to incorporate these resources into your wellness program to help maximize participation, engagement, and overall impact.

This month, we invite you to discover new ways to be your best YOU. Join us in building healthy habits this November—and continue them all year long!

If you are an agency with Firefighter's or if you know a firefighter, please click on the resource link as I have attached a copy of our NEW Firefighter Health Guide created in partnership with the California Professional Firefighters. Please feel free to share widely.

November Wellness Resources: [November 2026 Resources](#)

### **This month's focus is on: Diabetes Management**

Living with Diabetes can be manageable; your Kaiser Permanente team helps you along the way and teaches

you how to manage your sugar through diet, medications, and exercise. Let's talk more about checking your blood sugar levels and why you need to stay on top of this. Think of insulin as the key that unlocks your cells. Unlocked cells allow sugar into them so your body can do things like talk and walk. Checking your blood sugar levels regularly helps you and your doctor manage your blood sugar, which helps you avoid diabetes complications. [Learn more about checking your blood sugar.](#)

Why take medication for diabetes? Eating healthy and staying active are the perfect ways to start controlling your diabetes. Many people also have to incorporate medication to stay healthy and prevent problems.

1. **Insulin** is a hormone that helps your body use or store the food you eat
2. **Diabetes pills** help your body release or use insulin better. They can also keep your body from making too much sugar.
3. **Vaccinations** (flu, pneumonia, and hepatitis B) give your body the power to fight off disease.
4. **Aspirin** lowers your risk of a heart attack.
5. **ACE inhibitors** lower your blood pressure and protect your kidneys.
6. **Statins** lower your cholesterol and reduce the risk of heart disease and stroke.
7. **Always talk to your doctor** to find out when the best time is to take your medications, as it is different for each person; it's not one size fits all. The bottom line here is that medicine can help keep your diabetes under control so you can stay as healthy as possible.

Finally, to prevent burnout, change your perspective if needed on how managing your diabetes doesn't have to be overwhelming; there is a term called diabetes burnout. Being perfect is not the goal, so give yourself a break. Take it easy on yourself, focus on the progress you have made, and celebrate the little changes you are making. Small changes over time have a huge, lasting, and positive impact on your life. To learn more, please visit [www.kp.org/diabetes](http://www.kp.org/diabetes).

### 2026 Worksite Flu Clinics

Participating retail pharmacies will work directly with you to schedule your flu shot clinic. They will submit claims for worksite flu vaccinations to Kaiser Permanente and most other major health insurance carriers. Employer groups may have to pay retail pharmacies directly for uninsured and ineligible flu clinic participants (as well as other fees, such as minimum utilization, non-standard staffing requests, etc.) To schedule your on-site flu clinic, please [CLICK HERE](#)

**COVID-19 Vaccine:** While Kaiser Permanente members can receive the [COVID-19 vaccine at many Kaiser Permanente locations](#), please note that worksite COVID-19 vaccination is not a covered benefit under any Kaiser Permanente plan, and claims for it will be rejected. If you'd like to administer COVID-19 vaccines at your worksite flu clinic, the retail pharmacy will work with you on including the rate in your contract, and you will receive an invoice from them.

Kaiser Permanente members, don't let the flu slow you down; visit [www.kp.org/flu](http://www.kp.org/flu) in early fall for flu shot locations near you. Please note that Kaiser Permanente member vaccinations are not covered when administered at retail pharmacy locations.

### COME AND GET YOUR CALM ON!

What is Calm? The number one app for sleep and meditation, which is designed to help lower stress, anxiety, and more. Free to all Kaiser Permanente members.

Calm features more than 100 guided meditations and sleep stories for a more restful sleep. It also features exclusive music tracks for focus, relaxation, sleep, and more! This app is free to all Kaiser Permanente members. Please visit [www.kp.org/selfcareapps](http://www.kp.org/selfcareapps) to learn more.

**Join us for 15 minutes to de-stress, reset, and renew yourself. The sessions below are open to all Kaiser and Non-Kaiser Permanente members.**

*(Open to everyone regardless of your health plan)*

Wednesday, November 11th, 10 am - 10:15 am - [Click here to join the meeting](#)

Wednesday, November 25th, 2 pm - 2:15 pm [Click here to join the meeting](#)

**Monthly Challenge:** One & Done – Mindful Eating for Health and Community. For the next 30 days, we challenge you to avoid second servings of food. This simple habit helps you manage portion sizes, support healthy nutrition, and maintain stable blood sugar levels, which is especially important for diabetes management. Overeating often happens automatically—food is in front of us, everyone is eating, and before we know it, we’ve gone for seconds. By committing to one sensible serving, you can enjoy your meal fully while keeping your health on track. A helpful tip: place a napkin over your plate when you’re finished to remind yourself no second servings. This challenge also connects to giving back. Consider pairing mindful eating with gratitude—think about how limiting extras could allow you to share resources or donate to a community food program. Resisting seconds is more than self-control; it’s a step toward better health for yourself, your family, and your community. One plate, one serving, one mindful choice at a time—nourish yourself and give back.

Visit [Kaiser Permanente](#) for more resources and information. Keep an eye out for the next installment, and we hope you and your workforce have a happy November!

**Empowering Health Webinar Series:**

No-Cost Webinars for organizational leaders, brokers, and consultants throughout 2026.

[Register Here!](#)

**Additional Resources: Open to all Kaiser and Non-Kaiser Permanente members**

Your journey starts here! All webinars are recorded and valid for 90 days.

[Northern California Wellness Wednesday Webinars](#)

[Southern California Thrive Thursday Webinars](#)

[Kaiser Health Talks](#)

[MOVE IT MONDAYS](#)

[CSU WEBINAR SERIES](#)

[Activate your body and your mind](#)

**Kaiser Permanente Member-only resources:**

Take the Total Health Assessment: [The First Step to a Healthier You](#)

Browse Wellness Guides. [Take a moment. Take a breath. Take time for self-care.](#)

Get one-on-one guidance and support from a dedicated wellness coach. Wellness coaching is available at no extra cost for Kaiser Permanente members. [Wellness Coaching by Phone](#)

[For Recipes, Click Here!](#)



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