



SmartFHR Newsletter



Diabetes Awareness

November is National Diabetes Month, a time when communities across the country bring attention to diabetes and provide ways to manage it. Diabetes occurs when your blood glucose, also known as blood sugar, is too high. Diabetes is one of the leading causes of disability and death in the United States. If you would like to know the symptoms, how to lower your risk or how to manage diabetes check out the Diabetes Digital Coaching on www.SmartFHR.com or the SmartFHR™ App.

Learn more about National Diabetes Month and find great resources [here](#).

From the Desk of Green Circle Life Health Partners

The Great American Smokeout

The Great American Smokeout is an opportunity to join thousands of people across the nation taking steps toward becoming tobacco-free. It takes place on the third Thursday in November.

Tobacco use is the single most preventable cause of death and illness in the world. About 1 in 5 deaths are related to tobacco use.

Quitting smoking isn't easy, but it is possible with the right planning and support. Check out the Tobacco Digital Coaching on www.SmartFHR.com or the SmartFHR for more information on how to quit.

Learn About the SmartFHR™ App: Bulletin Board

Looking to share a recent health accomplishment, milestone, or get additional support to help keep you motivated and on track? Check out the SmartFHR™ App Bulletin Board! You can join other employees who are also making strides toward improving their health, as well as access weekly recipes, and important announcements.

Healthy Recipe: Diabetes-Friendly Holiday Toolkit

Stumped on what to cook for Thanksgiving? We've got you covered! This all-in-one handbook has everything you need to prepare a diabetes-friendly Thanksgiving feast on a budget, including recipes, a grocery list, a game-plan, tips for building a healthier Thanksgiving plate, and ideas for leftovers.

Read more at <https://www.diabetesfoodhub.org/articles/your-diabetes-friendly-thanksgiving-toolkit.html>

Stop Prediabetes in its Tracks

Do you have prediabetes or do you wonder if you could be one of the 96 million American adults who have prediabetes?

Read more at <https://www.cdc.gov/diabetes/basics/prediabetes.html>

The Great American Smoke Out

You don't have to quit tobacco in one day. Start with day one!

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