



INSIDE THIS ISSUE

CLICK ON THE STORY YOU WANT TO READ

OPEN ENROLLMENT ENDS TODAY! Confirm Your 2024 Benefit Elections at fccbenefits.com

Grant a Holiday Wish Through Franklin County Children Services.

Culinary Commentary: Diabetes Friendly Recipes

Nurse's Notes: What is Prediabetes?

OPEN ENROLLMENT ENDS TODAY!

CONFIRM YOUR 2024 BENEFIT ELECTIONS AT [FCCBENEFITS.COM](https://fccbenefits.com)

Today is your last chance to update your benefits for 2024! You are able to enroll at fccbenefits.com until midnight tonight, November 30, 2023. Open Enrollment is your opportunity to confirm your benefit elections for next year. During this time, you may choose to change your health, life, and disability elections, enroll for Flexible Spending Account (FSA) coverage for 2024, and enroll in the NEW Legal program.

If you haven't accessed the Open Enrollment system, don't worry. Open Enrollment is considered optional!

This means if you do nothing, your benefit elections (except for FSA) will be the same in 2024. However, if you do want to make changes, including enrolling in FSA or the NEW Legal program, you may do so between November 16 and November 30, 2023.

To learn more about Open Enrollment and 2024 changes check out [The Spotlight](#) newsletter, or head to fccbenefits.com to view your coverage for 2024. If you were unable to attend a presentation check out the pre-recorded [On-Demand Tutorial](#).



GRANT A HOLIDAY WISH

THROUGH FRANKLIN COUNTY CHILDREN SERVICES

'Tis the season of giving! This year, you can make a meaningful impact by bringing joy to children in need through Franklin County Children Services. Fulfilling their holiday wishes is a simple yet powerful way to make a difference. Your contribution can turn their wishes into reality, making this season truly special for them.

For more than 55 years, supportive community members have granted the wishes of children through the Holiday Wish program at Franklin County Children Services. Because of your support, these children have received more than a gift, they have been given a memorable moment with their families that they will never forget. Help us provide gifts for thousands of youth served by the agency and put the magic back in the holidays for our families.

You can help in one of the following ways:

- [Donate Any New Toy](#)
- [Sponsor a Child](#)
- [Host a Toy Drive](#)
- [Donate to the Children's Fund](#)

You can also visit the [Holiday Wish Amazon Gift List](#) to order toys and have them delivered directly to the Franklin County Children Services location. **Holiday Wish is open for donations until Monday, December 18.** Visit fccs.us/holiday-wish or call **614-275-2525** for more information.

Maddie's Culinary Commentary

Provided by OhioHealth

Diabetes-Friendly Turkey & 3-Bean Chili



Visit www.diabetesfoodhub.org for more diabetes-friendly recipes

November is American Diabetes Month

What is diabetes?

Diabetes is a group of diseases that impact how our body uses glucose which can lead to an excess amount of sugar in the blood, instead of moving into the cells. The 2 main types are Type 1 & Type 2.

When to get screened?

Completing a yearly biometric screening that monitors your hemoglobin A1c and fasting blood glucose can help identify a need for further assessment with your primary care provider (PCP).

Next steps?

Whether you have prediabetes, or are diagnosed with diabetes, working with your PCP & a dietitian will help you manage your blood sugar & lifestyle.

Prevention?

Type 1 diabetes is an autoimmune disease. However, type 2 diabetes is largely preventable through lifestyle choices like a balanced diet, weight management, and exercise. You can seek support from a doctor or dietitian to learn more!

ThriveOn Program Updates:

- As the year comes to a close, login to the [ThriveOn portal](#) to ensure your incentive earnings are up-to-date.

Join the fight against diabetes at

diabetes.org/WeFight

116,500 Americans will be diagnosed with diabetes this month.



Maddie Bidwell, RD, LD
Wellness Consultant
maddie.bidwell@ohiohealth.com
614-566-0183

Schedule a nutrition counseling session with Maddie by visiting [this link](#).

NURSE'S NOTES

FROM YOUR  **UnitedHealthcare** HEALTH ENGAGEMENT NURSES
November 2023



CONTACT

Nurse Therese

Email: therese_lentz@uhc.com
Phone: 614-525-6773



CONTACT

Nurse Carmen

Email: carmen_long@uhc.com
Phone: 614-525-6773

November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. This year's focus is on taking action to prevent diabetes health problems. Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Approximately [98 million American adults](#)—more than 1 in 3—have prediabetes. Of those with prediabetes, more than 80% don't know they have it. Prediabetes can be determined when you have an A1c between 5.7 and 6.3.

WHAT CAUSES PREDIABETES?

Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into cells for use as energy. If you have prediabetes, the cells in your body don't respond normally to insulin. Your pancreas makes more insulin to try to get cells to respond. Eventually your pancreas can't keep up, and your blood sugar rises, setting the stage for prediabetes—and type 2 diabetes down the road. Long term damage to your heart, blood vessels and kidneys may already be starting but progression to diabetes is not inevitable and **is reversible**.

SIGNS AND SYMPTOMS

You can have prediabetes for years but have no clear symptoms, so it often goes undetected until serious health problems such as type 2 diabetes show up. It's important to talk to your doctor about getting your blood sugar tested if you have any of the risk factors for prediabetes, which include:

- Being overweight.
- 45 years old or older.
- Having a parent or sibling with type 2 diabetes.
- Physical inactivity (less than 3 times a week)
- History of gestational diabetes.

Race and ethnicity are also risk factors including African Americans, American Indians, Hispanic/Latinos, and Pacific Islanders.

PREVENTING TYPE 2 DIABETES

If you have prediabetes, losing a small amount of weight if you're overweight and getting regular physical activity can lower your risk for developing type 2 diabetes. A small amount of weight loss means around 5% to 7% of your body weight, just 10 to 14 pounds for a 200-pound person. Regular physical activity means getting at least 150 minutes a week of brisk walking or a similar activity. That's just 30 minutes a day, five days a week.

Our UnitedHealthcare Health Engagement Nurses are available to help you and your family with many healthcare situations such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals.

By speaking with your Health Engagement Nurses, Nurse Carmen, or Therese, you could a \$50 Well-Being Activity incentive (*Deadline for second nurse call is **12/31/23***).