

Transform Ongoing Meeting

November 2024



November is Diabetes Awareness Month and November 14th is World Diabetes Day

1 in 10

Americans are affected by diabetes¹

85%

of people with type 2 diabetes are overweight or have obesity²

1 in 3

Americans are living with prediabetes¹

80%

of people with prediabetes don't realize they have it³

¹<https://www.cdc.gov/diabetes/library/features/diabetes-stat-report.html>

²<https://diabetes.org/obesity>

³<https://www.cdc.gov/diabetes/basics/diabetes.html>



4 reasons mental health support is crucial to cardiometabolic health



Hear how Miguel found new inspiration to take care of his blood sugar and blood pressure after signing up for the Diabetes Management program

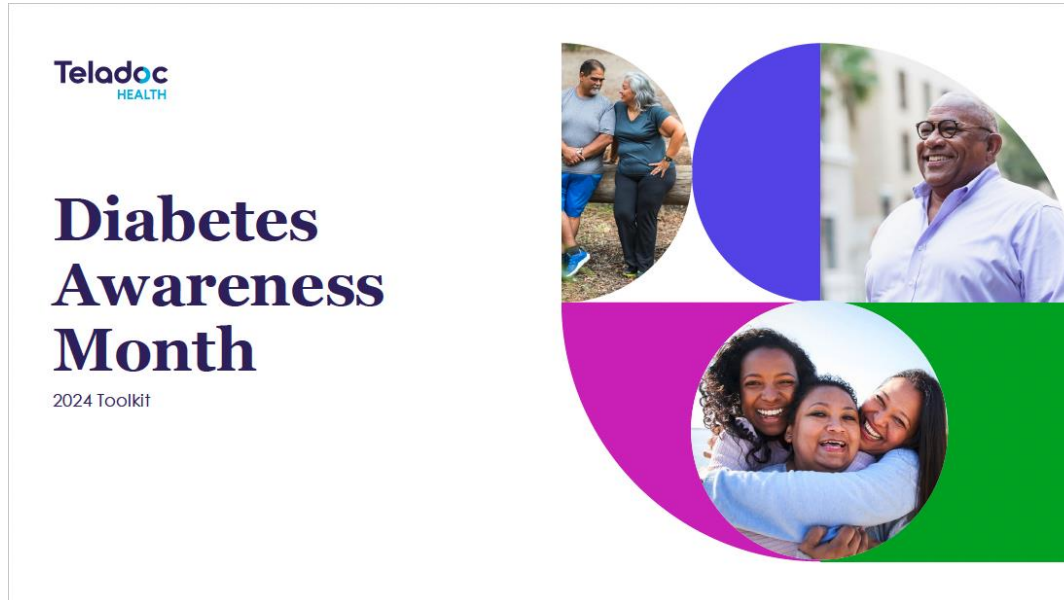


Simplifying diabetes management with a whole-person employee benefits program

Diabetes Awareness Month 2024

Toolkit sent most recently in you in the October monthly email update. Also linked below.

Toolkit includes marketing assets your team can utilize for program promotion. Also includes blog content (links) to Teladoc Health Library that is available to the public.

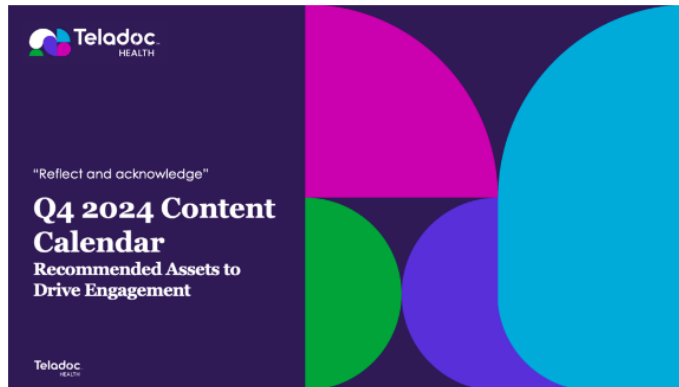


Teladoc Health Engagement

Q4 Content Guide

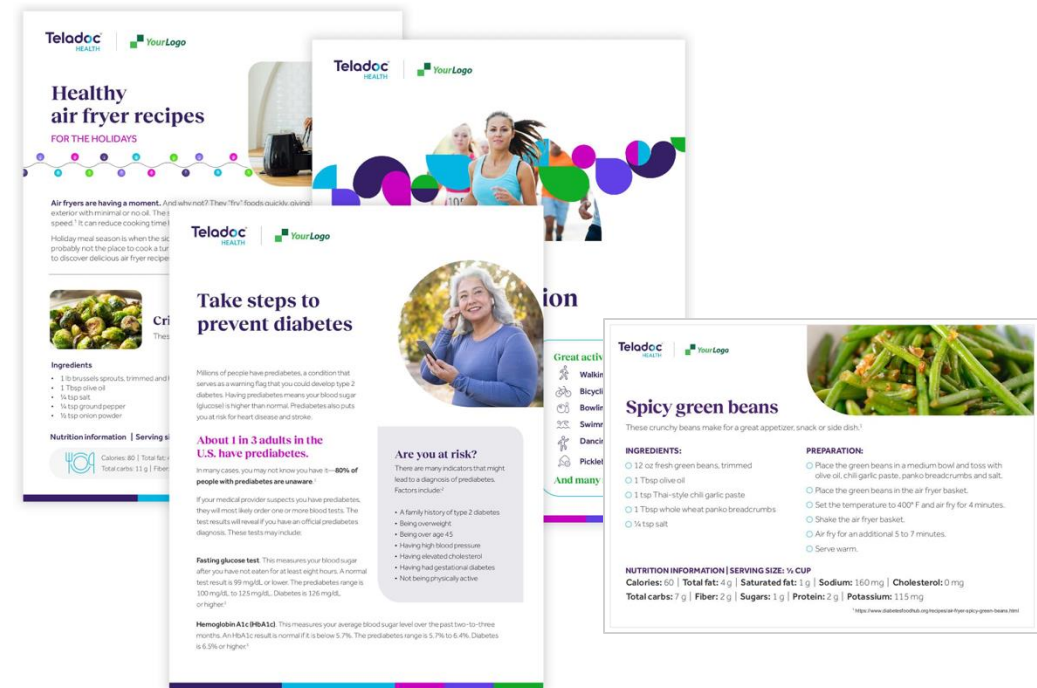
Containing recommended engagement assets and blog posts to help you support your population in managing their health. Incorporate these materials in your monthly communication plans!

Reach out to Jocelyn to obtain assets



November Care Kit

The addresses physical, mental and nutritional health topics by focusing on diabetes prevention tips, healthy air fryer side dishes for the holidays and the benefits of healthy competition. **BONUS:** Download or print the Spicy Green Bean recipe card included with this month's kit.



Holiday Resources

Teladoc Health Library

- [Decreasing Holiday Stress](#)
- [5 Way to Enjoy a Holiday Feast on a Budget](#)
- [Honoring Your Emotions During the Holidays](#)

Chronic Condition Management

- Lifestyle flyers:
[Diabetes](#), [Hypertension](#), [Diabetes Prevention](#)

Telehealth

- General Medical: [Skip the trip to the ER](#)



November/ December Observances

NATIONAL FOCUS MONTHS/DAYS

November

- National Diabetes Month & World Diabetes Day (11/14/24)
- Native American Heritage Month
- Veterans' Day (11/11/24)

December

- World AIDS Day (12/1/24)
- International Day of Persons with Disabilities (12/3/24)
- National Handwashing Awareness Week (1st full week of Dec)
- Human Rights Day (health as a human right)

Thank you

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