

READ ME FIRST

## November is Diabetes Awareness Month

Here are some additional resources, both from the health plan and other sources, to support the topic of diabetes.

### Here are some ways you can support your employees (resources attached):

- Review the included diabetes management brochure to familiarize yourself with health plan resources to support people with diabetes.
- Share the included flyers with employees.
- Run the 10 Day Real Food Challenge at your workplace.
- Promote **World Diabetes Day on Tuesday, November 14**, which is the birthday of Sir Frederick Banting, one of the co-discoverers of insulin in 1922.
- Promote **The Great American Smokeout on Thursday, November 16**.

### Here are some additional resources to explore:

- Centers for Disease Control and Prevention (CDC): [Diabetes](#)
- [American Diabetes Association \(ADA\)](#)
- [ADA's Diabetes Food Hub \(recipes\)](#)
- [American Cancer Society: The Great American Smokeout](#)

**Have you visited the [Excellus For Business website](#)?** It is a digital hub for downloading toolkits and resources to help you educate and engage your employees. Toolkit topics include behavioral health, maternity care, diabetes, finding a doctor, telemedicine and more. Visit <https://excellusforbusiness.com/>. *Excellus BCBS is a nonprofit independent licensee of the BlueCross BlueShield Association.*