

November – READ ME FIRST!

Here are some ways you can support your employees:

- Share the included **diabetes resource flyers** with your employees.
- Run the **Healthy Holidays Challenge** at your workplace (located in employer folder).
- Encourage employees to register for the upcoming **Diving Into Diabetes** webinar on Tuesday, November 25 (promotional flyer included in resources folder).
 - Looking to access a previous Excel Your Well webinar? They are available on-demand on our Excellus BCBS YouTube Page: [2025 Wellbeing Webinar Series - YouTube](#)
- Use the **“Top 5 Tips”** slide for employee communications (i.e., TV monitors, computer lock screen, intranet, etc.)

Here are some additional resources to explore:

- Centers for Disease Control and Prevention (CDC): [Diabetes](#)
- Centers for Disease Control and Prevention (CDC): [Prediabetes – Your Chance to Prevent Type 2 Diabetes | Diabetes | CDC](#)
- American Diabetes Association: [American Diabetes Association \(ADA\)](#)
- American Diabetes Association: [ADA's Diabetes Food Hub \(recipes\)](#)
- Excellus BlueCross BlueShield: [Nutrition | Excellus BlueCross BlueShield](#)