ENJOY A DIABETES-FRIENDLY THANKSGIVING

Eating healthy can be a challenge for anyone during the holidays, but especially for the 34 million Americans with diabetes. This Thanksgiving, create a balanced meal by following some easy tips from the American Diabetes Association’s Diabetes Plate Method.

1/2 your plate 👉 non-starchy vegetables. Asparagus, green beans, broccoli, cauliflower, carrots or salad greens are tasty - and healthy - options when prepared without cream or cheese sauces.

1/4 your plate 👉 lean protein. This year, ask for white meat from the Thanksgiving turkey. Fish, chicken, eggs, beans and lentils are great options as well. A good rule of thumb is to avoid red, high fat and processed meats any time of year.

1/4 your plate 👉 carbohydrates. Like stuffing or starchy vegetables (squash, parsnips, potatoes). Healthier choices include whole grains (brown rice, oatmeal, quinoa) or fruits.

Have questions about eating and living healthily with diabetes? Your local Care Team can help. Ask about CareMore’s Chronic Disease Management program, which includes regular blood pressure checks, foot and wound care, education and support.

Finish your meal with water or another zero-calorie drink.
1. Get regular exercise. Consider trying the Nifty after Fifty® program, which offers tailored supervised fitness programs to help you stay fit and independent. Visit niftyafterfifty.com to find a location near you.

2. Stay up-to-date with your routine screenings. Talk to your doctor about what annual screenings are right for you based on your health and family history.

3. Drink more water and eat a balanced diet. Aim for about seven cups of water per day. Incorporate fruits, vegetables, lean proteins and nuts into your diet while avoiding salt, added sugars and saturated fats.

4. Get enough sleep. Aim for at least seven to eight hours of sleep a night.

Who can get a booster shot?
Booster shots are now available for all three COVID-19 vaccine types: Pfizer, Moderna and Johnson & Johnson. If you received two initial doses of either Pfizer or Moderna, you are eligible for a booster if:
- It has been at least six months since your second dose.
- You are 65 years and older.
- You are 18 years or older and have underlying medical conditions, live in a long-term care setting, or work or live in a high-risk environment.

If you received the Johnson & Johnson vaccine, you are eligible for a booster shot if you are 18 years or older and it has been at least two months since your initial single dose.

Can I mix and match COVID-19 vaccines?
Yes, it’s okay if your booster is a different vaccine type than your initial doses – unless you are immunocompromised. In this instance, your third dose should be the same as your previous ones.

Can I get a COVID-19 vaccine at the same time as another vaccine, such as the flu shot?
Yes. If you get more than one vaccine during a single visit, each shot should be administered in a different injection site.

Visit info.caremore.com/vaccine to find your nearest vaccination location.

Fitness: The Gift You Can Give Yourself This Holiday Season

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Build a Solid Foundation for Your Health

Begin your health journey with CareMore’s Healthy Start™ exam. During your exam, your Care Team will take the time to gather your full health history, learn about things in your life that may impact your health, and find out what your health goals are. With this full picture of your life, they can share the information with your primary care provider. Then, together they work to provide you with the best care to meet your needs. Ask your healthcare provider for more information or call 888-291-1387 to schedule your exam.