

NEWSLETTER



In This Newsletter You Can Expect:

Blue Cross Blue
Shield Connect
Community
Articles

Monthly
Webinars

WellOnTarget
Resources

Other Wellness
Related Benefits

Personal Challenges

Snack Attack: For the next two weeks, make one healthy food swap each day (14 days)

Home Cookin': For the next week, make at least one meal at home every day (7 days)

November Recipes

[Slow Cooker Turkey Chili](#)

[Zucchini Spaghetti](#)

Diabetes Awareness Month and Lung Cancer (Great American Smoke Out Day)

[Did You Know?](#)

Stats About Diabetes:

- **Prevalence:** in 2021, 38.4 million Americans, or 11.6% of the population had diabetes; Nearly 2 million Americans have type 1 diabetes
- **Diagnosed and undiagnosed:** of the 38.4 million adults with diabetes 29.7 million were diagnosed and 8.7 million were undiagnosed
- **Prevalence in Seniors:** The percent of seniors 65 or older with diabetes is 29.2%
- **New Cases:** 1.2 million Americans are diagnosed with diabetes every year.
- **Death:** Diabetes was the eighth leading cause of death in the United States in 2021.





Blue Cross Blue Shield Connect Community Articles

[Your Hardworking Lungs Need
Protecting.](#)

[Protect Yourself with Careful
Diabetes Management](#)

[Que es la diabetes?](#)



Wellness Time Reminder

We do have wellness time to use. This is time that you can use every week. The wellness time program states that you may take 30 minutes 3 days a week for yourself and your own wellness. This is a good way to reduce stress and give yourself a break to recharge during the day.

[Wellness Release form](#)



Monthly Webinars

Code Word: BETTERME

Caring Without Crumbling
[Friday November 7th: 11-11:30am CST](#)

Flourishing Through Life Transitions
[Wednesday November 12th: 12-
12:30pm CST](#)

Raising Future Ready Kids 3:
Empowering Parents in a Social Media
World
[Tuesday November 18th: 3-3:30pm
CST](#)

Raising Future Ready Kids 4: Parenting
Young Adults
[Friday November 21st: 11-11:30am CST](#)

[https://acrobat.adobe.com/id/urn:aaid:
sc:VA6C2:1b9e2d90-a39c-4c33-
9fd3-eb078b38dc41](https://acrobat.adobe.com/id/urn:aaid:sc:VA6C2:1b9e2d90-a39c-4c33-9fd3-eb078b38dc41)



BlueCross BlueShield of Texas

THE TEXAS A&M
UNIVERSITY SYSTEM

Add 11 Minutes to Your Clock

Every cigarette shaves 11 minutes off your lifespan. When you quit smoking, you give yourself more time to do the things you enjoy with the people you love.

Source: Determining Correlates of the Average Number of Cigarette Smoking Among College Students. National Center Biotechnology Information. 2020.

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BlueResourceSM - Healthy Lifestyle - Living Smoke-Free

Notes

4 Thursday
Quit Smoking!

5 Friday
Last cigarette Today

6 Saturday
6:30 Gym

Sunday

Additional Resources

Healthy Choices Make a Big Difference with Diabetes

Elegir comidas saludables puede hacer una gran diferencia con la diabetes

Clearing the Smoke on Diabetes

Deje de fumar para prevenir la diabetes

Fighting the Flu and Protecting You

Combatiendo la Gripe y Protegiendote