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Exercise to lower blood sugar

If you have diabetes, physical activity is a great way to keep blood sugar in check. Being active makes your body more sensitive to insulin, which helps lower blood sugar to healthy levels.

Aim for at least 150 minutes of moderate-intensity physical activity per week. Moderate intensity means your heart rate should be elevated, but you should be able to speak normally. Consider adding strength training a few times a week to help your muscles use insulin.

Here are some more tips:

- Check with your doctor for exercises that are best for you.
- Check your blood sugar before exercising, especially if you take insulin.
- Recheck your blood sugar once you finish exercising.
- Drink plenty of water before, during, and after exercise.
- Have a snack on hand in case your blood sugar gets low.
- Wear good-fitting shoes and socks.
- Monitor your feet for sores.
- Aim for at least 20 minutes of exercise each day.

Telemedicine: *Pros & cons*

For some people, seeing their doctor from the comfort of their own home has made accessing care easier. But, for others, the lack of in-person care makes managing their health difficult.

Telemedicine is unlikely to go away. As a patient, you need to know how to get the most out of virtual visits and when an in-person visit might be the way to go.



PROS OF TELEMEDICINE

- Fast and flexible access to care
- Decreased exposure to other ill patients
- No need to leave home when dealing with a minor illness or concern
- Less time spent driving
- Ease of follow-up for existing health issues
- Less time lost at work

CONS OF TELEMEDICINE

- Insurance may not cover video visits; check your plan carefully
- Not everyone has access to technology
- Diagnosing a new condition may not be possible over video
- Challenges in monitoring vital signs, like blood pressure, etc.
- Loss of meaningful relationship with healthcare providers
- Important symptoms may get missed

GET THE MOST FROM TELEMEDICINE

- Check your technology set-up in advance.
- Keep your doctor's phone number handy in case you get disconnected.
- Write down a list of symptoms and questions.
- Write down measurements your doctor may need (height, weight, blood pressure, etc.).
- Have your medication list on-hand.
- Choose a quiet room where you won't be interrupted.
- Be on time.
- If your doctor recommends any tests or follow-ups, make those appointments right away.



WHEN IN-PERSON IS BEST

Not every situation is right for a telemedicine visit. Here are times when in-person may be recommended:

- Pediatric visits
- Emergency situations
- Yearly physicals
- Situations where a physical exam is needed

Source: National Library of Medicine

Save at the supermarket



While the cost of food is out of your control, smart shopping habits will help keep your grocery bill more manageable.



TIPS TO SAVE ON GROCERIES

SHOP WITH A LIST

Grocery stores know just how to tempt you to make impulse purchases. With eye-catching end cap displays and strategically placed snack foods, it's easy to end up bringing home more than you intended. Instead, make a detailed list before you go and stick to it.

CHECK THE CABINETS

How many times have you purchased an item only to find you already have it hidden in the back of your pantry? As you make your shopping list, carefully check your current food supply to make sure you really need the ingredients.

BUY IN BULK

When possible, purchase family-sized or bulk items for your most commonly used ingredients. This works especially well for meats, beans, rice, grains, and pasta. When you get home, promptly freeze or store the extra. You can also join a wholesale club to get better prices on bulk food.

EAT SEASONALLY

Fruits and vegetables are cheapest when in season. For example, berries are more expensive in the winter than during peak berry season in the summer. Oranges and other citrus are usually cheapest during the winter months. Opt for in-season produce whenever possible.

STOCK UP

Buy more than one when your favorite foods go on sale. Dry goods generally keep for a long time, and many fresh foods can be frozen for longer storage. Keep in mind that you should only stock up on ingredients you regularly use.

LOW-COST RECIPES

How you choose to eat is a major determinant of your food budget. If you like to cook gourmet, you'll need fancier ingredients that cost more. Instead, find tasty recipes that use inexpensive ingredients. Examples include beans, rice, frozen vegetables, tuna, potatoes, and eggs.



Q&A: Diversity in the workplace

Every workplace is part of a broader community of people. As such, it should reflect the diversity around it. A more diverse workplace benefits both the company and its employees.



WHAT IS DIVERSITY?

The practice of involving people from a variety of backgrounds, including race, gender, ethnicity, sexual orientation, religion, and disability.

WHY DOES IT MATTER?

To be effective, a workplace should reflect the diversity of its clients, local community, and broader society. When people from different backgrounds work together, they are ideally placed to provide efficient and equitable service.

HOW DOES IT BENEFIT A COMPANY?

Establishing policies that value diversity creates a corporate environment that promotes collaboration, innovation, and new perspectives.

HOW DOES IT HELP EMPLOYEES?

Working in a diverse, inclusive environment allows each employee to rise to their full potential and maximize their skills. Diverse companies build on the unique strengths of each individual.

Source: U.S. Office of Personnel Management