



Wellness Newsletter

MoveSpring "Fit in the Fall" Challenge Winner

Congratulations goes to Barbie Garner! She is the winner of our October MoveSpring Challenge and fitness swag bag. Thank you to all the participants for October's MoveSpring challenge. 30 points was added to each participant's wellness incentive. Look for more opportunities to win some great prizes in future MoveSpring challenges.



Wellness Wednesday

NOVEMBER 10, 2021 @ 10:00AM

Our next Wellness Wednesday is quickly approaching! Did you know 1 in 3 American adults have prediabetes? What's more concerning is that 90% of people are unaware of their pre-diabetic state! Join this webinar to learn about prediabetes and know your risks. Registered Dietitian, Jessica Sandoz, will discuss the signs and symptoms of prediabetes, labs to monitor, and diagnosis criteria. She will also review exercise and nutrition recommendations to apply to reverse or prevent the onset of this condition. Wondering if you will receive points for this webinar? The answer is Yes! Although the wellness incentive deadline ended October 31st, **30 points** will still be added towards your 2021 wellness incentive. To register, click [here](#).

Partnering with Blue Cross Blue Shield, UAH offers a Diabetes Management Program through Livongo. Click [here](#) for more information.



NOVEMBER
2021

UPCOMING EVENTS

Open Enrollment Ends
NOVEMBER 3

Wellness Wednesday
NOVEMBER 10

Thanksgiving Holiday
NOVEMBER 25-26



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November is National Alzheimer's Disease Month

November is Alzheimer's Awareness Month, a time to bring awareness about Alzheimer's disease and show support to the more than 6.2 million Americans who are currently living with Alzheimer's. By the year 2060, the number of Americans to be diagnosed with Alzheimer's disease is expected to surpass 13.8 million. According to the Alzheimer's Association, Alzheimer's is the most common type of dementia that affects memory loss and other cognitive abilities serious enough to interfere with an individual's daily life. Alzheimer's disease accounts for 60-80% of dementia cases. Some may think that Alzheimer's is a normal part of aging, this is not true. The greatest known risk factor is age, with the majority of people with the disease being 65 and older. Alzheimer's is a progressive disease where the symptoms gradually worsen over time. By the time an individual reaches late-stage Alzheimer's, the ability to have conversations and respond to the environment would be lost. There is also no cure for this disease. The average life span for an individual living with Alzheimer's disease is four to eight years after diagnosis but a person could live as long as 20 years depending on other factors. For more information on Alzheimer's disease such as symptoms, risk factors, and treatments, click [here](#).



How To Maintain A Healthy Thanksgiving

The Thanksgiving holiday is right around the corner and for many, the holiday season is the time where we spend time with our friends and families and of course eat! Thanksgiving only comes around once a year so why not indulge in all the delicious food right? Wrong! Overeating during the holiday season has become a national pastime for many individuals which leads to extra weight gain that is difficult to lose. This Thanksgiving, try to focus on a healthier way to still enjoy all your favorite foods and still enjoy a happy and guilt-free Thanksgiving. These [Nine Tips for a Healthy Thanksgiving](#), will give you the know-how on how to satisfy the desire to eat all the traditional Thanksgiving food but, with a healthier balance.

Financial Wellness: TIAA November Webinars

Here at Charger Fit, we believe that our employees' financial wellness is just as important as their physical wellness. That's why we like to keep you up-to-date with the latest financial webinars to keep our staff financially healthy. TIAA offers access to live and on-demand webinars on various financial topics. Below is a list of financial webinars being offered this month.

- The Secure Act Revealed
- Money at Work 2: Sharpening Investment Skills
- Financial Housekeeping for Now and Later
- Lifetime Income: Market Proof Your Retirement
- Attention to Detail: Financial Finishing Touches for Women
- Strategies for Staying on Track

To register for any of these financial webinars or to watch past presentations on demand, click [here](#).

