



November 2025

American Diabetes Month

November is American Diabetes Month, a time to raise awareness about diabetes, promote prevention, and support those living with the condition. Whether you're managing diabetes or looking to reduce your risk, we're here to help you take control of your health.

Know the Risk, Take Control

Understanding your risk is the first step. A quick screening or conversation with your doctor can help you stay ahead of the curve. Type 2 diabetes is largely preventable through healthy habits.

- **Family history, age, and lifestyle all play a role.**
- **Type 2 diabetes is often preventable with healthy habits.**
- **Type 1 diabetes is not preventable, but it can be managed with the right care.**

Healthy Habits for Prevention & Management

You don't need to do everything at once. Start small and build from there:

- **Add more fiber-rich foods like veggies, fruits, and whole grains.**
- **Prioritize sleep and find ways to manage stress.**
- **Move your body: take a walk during lunch or after dinner, take the stairs instead of the elevator, or try a new activity**

Support Resources

Whether you're newly diagnosed, supporting a loved one, or just looking to stay informed, these free, expert-backed resources can help:

- **[CDC Diabetes Kickstart](#) – Quick, printable guides on healthy eating, staying active, managing stress, and more.**
- **[American Diabetes Association Patient Education Library](#) – A collection of over 170 downloadable handouts covering everything from blood sugar monitoring to meal planning.**
- **[Mayo Clinic: Lifestyle Tips for Diabetes Prevention](#) – Simple, science-backed steps to help reduce your risk of developing type 2 diabetes.**

Through Meritain, you have access to their LifeMart program, giving you discounts on gym memberships, diet plans, groceries, and more. Visit the Meritain Health member portal and click the *LifeMart* link under “Tools and Resources” to access your discounts.