



Health & Wellness Resource Update

November 2025



November National Health Observance

American Diabetes and Great American Smokeout Month



November's health observances are American Diabetes and Great American Smokeout Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

- [Life with diabetes](#)
- [Managing blood sugar \(glucose\)](#)
- [The realities of vaping](#)
- [Quitting smoking](#)

United at Work Presentation of the Month

Eating with Diabetes



People who have diabetes have different nutritional needs than others. During this presentation, we will review the nutritional recommendations for individuals with diabetes or pre-diabetes and discover eating strategies that may help stabilize blood sugar. We will also identify cooking and snacking tips, as well as considerations when dining out for this population. Available to view in [English](#) and [Spanish](#).

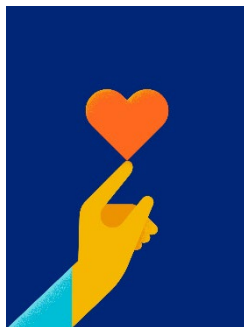
Health Tip Flier of the Month

Eating with Diabetes



Check out this month's health tip flier on Eating with Diabetes. Available to view in [English](#) and [Spanish](#).

Health actions of the month



- Swap a sugary drink for water
- Enroll in a tobacco cessation program

December preview

- Self-care for the Holidays & Financial Well-being Awareness Month
- United at Work presentation: Healthier Travel
- Health Tip Flier: Healthier Travel