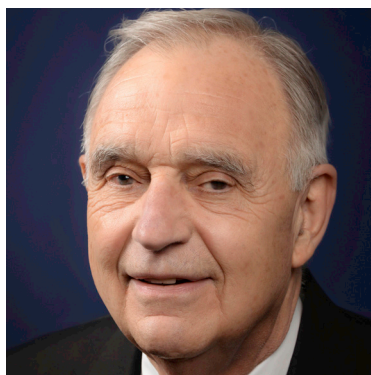




# Fred's Healthy BeansTalk

...extending your Lifetime Warranty



## Stopping Diabetes in its Tracks

November is Diabetes Awareness Month. We're concerned because of the risk factors involved and the prevalence of diabetes in the U.S. This means you're at a higher risk of developing Type 2 diabetes. But risks don't need to become realities. Here are 6 questions to ask that can lower your chances of pre-diabetes turning into diabetes.

- 1. What's my personal risk?** Family history plays a large part in developing Type 2 diabetes. Know your history and talk about with your doctor.
- 2. Am I overweight?** Obesity also plays a large part. If you reduce your body weight by 5%, you cut your chance of developing diabetes in half.
- 3. Am I active?** Regular exercise is one of the best things you can do for longevity. It helps you maintain a healthy weight and keeps your blood sugar in check.
- 4. Do I follow a healthy diet?** Portion control is crucial. Is your plate full of leafy greens, fruits, and lean protein, like fish or poultry?
- 5. Do my meals include whole grain?** When making that sandwich, reach for whole grain bread. Including whole grains can lower your risk of developing diabetes because nutrients are released slowly, keeping blood sugar steady.

Of course, these tips are good advice for everyone, not just those of you with pre-diabetes. But adopting healthy behaviors can help reverse the risk. Throughout this newsletter, you'll see more advice on healthy eating, exercise and diabetes management. Together, we'll stop diabetes in its tracks.

*Fred Beans*



## Fred Beans' Employees Are Fit for Longevity

Sam Zook attended the "Mind, Body and Soul" Program and learned about food journaling. In a little over a year, Sam lost 55 pounds! Sam's weight loss made him eligible for the hip replacement he needed.

Beth Beans Gilbert's goal is to run a 10-minute mile. She exercises 6 days a week and follows a protein-based diet, limiting starchy carbs and sugar. Beth says, "Exercising regularly motivates me to be the best version of myself." Congratulations to Sam and Beth on their health transformations!

## November Fitness Challenge

### Our November fitness challenge is inchworms.

1. Stand with feet hip-width apart. Hinge forward at hips and place palms on the ground.
2. Walk hands forward until you're in a plank, shoulders stacked directly above wrists.
3. Walk hands back towards feet and stand up.
4. Repeat



Jessica D'Onofrio Photography



## Fitness Discount at the YMCA

Fred Beans employees can get a 35% discount on membership to the YMCA in Bucks County. Visit <https://www.fredbeans.com/fred-beans-employee-portal/healthy-living/gym-membership-discounts/> to get started.

Take care of your knees and back with a visit to the chiropractor. Independence Blue Cross covers 20 visits per year. If you have the POS or PPO plan, there is a \$50 per-visit copay. If you have the HDHP plan, you pay 60% after the deductible.



\*Note: This benefit will need to be through an INN provider who can be located at [www.ibxpress.com](http://www.ibxpress.com).

## Save Money on Your Healthcare

Once again, we will offer you the chance to save money on your healthcare contributions! If you have a routine physical, along with a blood pressure check, height and weight measurements and a lipid panel and blood glucose screening in 2020, you get a \$50 per pay credit for your healthcare contributions. Our medical plans cover recommended preventive care at 100% when you use in-network providers, these tests could be free.

Don't forget to hand in your completed Wellness Screening Form by June 14, 2020 to start saving by July 1. The sooner you complete the screenings, the more paychecks will have the discount, so make your doctor's appointment soon.

## Charge Up Your Nutrition

Healthy eating is a big part of preventing or managing diabetes. As a Fred Beans employee, you get on-site nutrition counseling through CHARGE. A registered dietitian will develop a personalized eating plan that includes schedules for the best times to eat to fight hunger, tips for healthier grocery shopping, advice on how-to make smarter choices at restaurants, and more.



## Introducing Livongo

You now have a new way to manage your diabetes. We'd like to introduce Livongo, a free diabetes management service. If you sign up, you'll get a blood glucose meter and unlimited test strips. Livongo gives you personalized health tips each time you check your blood sugar. Since healthy living is a team effort, you have access to a certified diabetes educator who'll answer your nutrition and lifestyle questions. And your meter sends your numbers directly to your doctor. It can alert your family when your glucose is too low or too high. Best of all, there is no cost for you!



## 30-Day Sugar Challenge

Are you up to the challenge? The American Diabetes Association wants you to add less sugar to your diet. For men, consume no more than 9 teaspoons of added sugar each day. For women, consume no more than 6 teaspoons of added sugar each day. The Sugar

Challenge runs from November 1 to November 30. Let's see who can sweeten up their health routine and cut their diabetes risk!

## A Healthier Twist on a Comfort-Food Favorite

### Low Carb Keto Lasagna Stuffed Peppers\*

#### Ingredients

- 6 large bell peppers
- 1 1/2 lb ground beef, chicken or turkey
- 4 cloves of garlic (minced)
- 2 cup marinara sauce
- 1 tbsp Italian seasoning
- 1 cup Ricotta cheese
- 1 cup Mozzarella cheese (shredded)
- Sea salt (to taste)
- Black pepper (to taste)



#### Steps

1. Heat a pan over medium-high heat. Add the garlic and cook for about 30 seconds, until fragrant. Add the ground meat. Cook until browned (about 10 minutes), breaking apart the meat with a spoon or spatula.
2. Stir in marinara sauce and Italian seasoning. Add sea salt and black pepper to taste. Reduce heat to a gentle simmer. Simmer for about 10 minutes while preheating the oven and preparing the peppers.
3. Meanwhile, preheat the oven to 375 degrees F. Line a baking sheet with foil.
4. Chop off the tops of peppers and scoop out the seeds and ribs inside. Slice a tiny layer off the bottoms (without making a hole if possible) so that the peppers are stable standing upright.
5. Layer 1-2 tablespoons each of meat sauce, ricotta cheese, and shredded mozzarella cheese inside the bell peppers. (You'll want a little more meat sauce compared to the other two layers.)
6. Repeat until peppers are filled to the top, with mozzarella being the top layer.
7. Place the peppers on the lined baking sheet and tent with aluminum foil, making sure the foil is not touching the cheese. Bake for 30 minutes. Remove the foil and bake 10 more minutes, until cheese is melted and browned.

\*Recipe courtesy of [www.wholesomeyum.com](http://www.wholesomeyum.com).

## IBC Fitness Reimbursement



**As an Independence Blue Cross Member, you are entitled to reimbursements for workouts at qualified fitness centers through the Achieve Well-Being program. If you visit 120 times per year, you can get up to \$150 back. Visit <https://reimbursements.ibx.com/ibc> to get started.**

## EAT CLEAN



### Tips for Diabetes Prevention

You have the ability to stop Type 2 Diabetes from affecting your life. Even if you display signs of pre-diabetes, a few key lifestyle changes can greatly improve your chances of preventing the disease.

**Choose Whole Grains.** Choosing whole grains may lower the risk of Type 2 diabetes because their nutrients release slowly into the blood stream to naturally manage blood sugar levels.

**Monitor Carbohydrate Intake.** Carbohydrates raise blood sugar levels, and high blood sugar levels can increase risk for diabetes.

#### Stick to a Health Diet.

Controlling portion size and eat a balanced diet of leafy greens, fruits, fish and lean meats.





## November Health Tip

Regular exercise helps to prevent diabetes. Here are some ways you can fall into a fitness routine:

1. Set a time to work out and stick to it.
2. Start small and increase duration and intensity as you progress.
3. Vary exercises to reduce boredom and stimulate all your muscles.
4. Keep your end goal in mind to eliminate excuses.

## Who is My Healthy Living Representative?

### Andrea Volm - Wellness Consultant

AutoExpress/Doylestown/Langhorne	Nissan Doylestown
Bill Dannehower	Jill Katona
Ford Newtown/CARSTAR Newtown	Cadillac/Used Car Annex
Josie Espindola	Bill Pytleski
Subaru	Ford Langhorne
Frances Freezeman	Jeanine Smith    Tawnee Potts
Chevy	VW Doylestown
Al Damone	Pam Zurad
Hyundai Langhorne	CARSTAR Doylestown
Lyndsey Schwartz	Anna Reif
Hyundai Doylestown	Nissan Flemington/CARSTAR Flemington
Christine Leister	Nicole Carrol
Detail	Ford Boyertown/CARSTAR Boyertown
Sam Zook	Leigh Ann McCabe
Parts/Carquest	Dodge
Ashley Mathews    Jamie Watts Beth Snyder	Tara Valentine
Toyota Flemington	Management
Cathy Cannon	Dan Milewski
Hyundai Flemington	Ford West Chester
Janine Pignatone	Angela Nash
Ford Doylestown	Kia Langhorne
Pam Teichgraber    Lillian Kleckner	Becky Embley
Devon VW	
Joe Levash	

## Wellness Calendar

### ----- of Events -----

Please check out the following for Healthy Living Opportunities:

### Thursday, November 14<sup>th</sup>

Lunch N' Learn: YMCA: Staying Fit Through the Holidays

### Wednesday, November 20<sup>th</sup>

Lunch N' Learn: Walker Chiropractic: Living Well for Life

### Thursday, December 12<sup>th</sup>

Lunch N' Learn: Doylestown Health: Eating on the Go

## Jeans Days

### Friday, November 15<sup>th</sup>

Diabetes Awareness

### Friday, November 22<sup>nd</sup>

Camp Out for Hunger

### Friday, December 20<sup>th</sup>

Ugly Sweater Jeans Day

## Upcoming events and resources

### • **Maintain, Don't Gain!:**

Once again, we will have our maintain, don't gain challenge this holiday season. Weigh-in is November 22 and weigh-out is January 3. Stay tuned for more details.

- **Camp Out for Hunger Raffle:** You get a raffle ticket for every canned good or non-perishable food item you bring in between now and December 4. Prizes include concert tickets, sports tickets and more. Drawing is December 6. See the cashier at your dealership to drop off your donation.

