Preventing Diabetes Complications

Participants must register here. The screenings are being physically active, and quitting smoking also can help lower the risk of diabetes complications. Participants can register online or call 301-517-8100. At the screenings, participants will learn about the benefits of exercise, weight loss, and quitting smoking. For more information about a class to help you quit, visit the UnitedHealthcare website or call 1-800-806-2245.

Diabetes is a serious disease. If it is not managed well, it can damage many parts of the body. But there is good news: diabetes complications can be prevented or delayed by properly managing blood glucose, blood pressure, and cholesterol levels. Eating healthy, body fat, and bone density on Wednesday, December 12, 2012 from 1:00 – 5:00 p.m. in the Center Auditorium at 850 Hungerford Drive, Rockville, Maryland 20850. For more information, call 301-517-8100.

So You Want to Quit Smoking

The American Cancer Society will mark the 37th Great American Smokeout on November 15. To help you quit smoking, UnitedHealthcare will offer health screenings for cholesterol, blood sugar, blood pressure, and more. In addition, winners will see their recipes spotlighted in the UnitedHealthcare website and featured in an online calendar reminder. For more information, call 301-517-8100.

Million Mile Challenge: More Than 260 Teams Competing

This fall, more than 240 teams are competing for the prestigious Golden Sneaker trophy. This challenge web page offers resources, tips, and more! The challenge is available in other languages, including Arabic, Chinese, and French.

Wellness Challenge Helps Control Your Diabetes by Walking

More than 45 million Americans still smoke cigarettes. However, more than 240 teams are competing for the prestigious Golden Sneaker trophy. This challenge web page offers resources, tips, and more! The challenge is available in other languages, including Arabic, Chinese, and French.

Hanan's Diabetes Story

Hanan, a Pre-K paraeducator at Maryvale Elementary School in Clarksburg, Maryland, shared her diabetes story. "When I was diagnosed with diabetes, I was afraid of my future. I feared I would not be able to control my blood sugar. My doctor and nurse gave me hope. They taught me how to manage my diabetes. I learned how to eat healthy and exercise. Today, I'm diabetes-free. I lost 10 pounds and lowered my blood sugar. I feel better."

Hanan is not alone. UnitedHealthcare helps fight diabetes by offering health screenings for cholesterol, blood sugar, and blood pressure. UnitedHealthcare will offer health screenings for cholesterol, blood sugar, blood pressure, and more. In addition, winners will see their recipes spotlighted in the UnitedHealthcare website and featured in an online calendar reminder. For more information, call 301-517-8100.

Hanan’s Diabetes by Walking

Hanan lost 10 pounds and lowered her blood sugar. She dropped significantly and now ranges from 95-100. She feels better. The challenge has given her confidence. "I’m very proud of myself," Hanan said. "I will continue to improve my diabetes."

Hanan also is responsible for affecting healthy change at her school. In addition, winners will see their recipes spotlighted in the UnitedHealthcare website and featured in an online calendar reminder. For more information, call 301-517-8100.

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