

A monthly wellness newsletter from Better You

Celebrating National Family Caregivers Month

As a caregiver, you're part of a special group of people who dedicate their time and energy to caring for loved ones. We see you, and we're here to support you.

Caregivers often put the needs of others ahead of their own, but it's just as important to prioritize your own well-being. At Florida Blue, we understand the challenges and rewards of caregiving, and we're committed to helping you navigate the journey. That's why we offer a range of resources just for you, like our [Family Caregiver Guide](#) and the [Caregiver Connections Facebook Group](#). You can also reach out to our dedicated Community Specialists teams at any [Florida Blue Center](#).

Caregiver Connections Facebook Group

Caregiver Connections is an online support group by Florida Blue. It's a safe space to connect with others who understand what you're going through. All caregivers are able to join this private group, so please invite



friends and family members who may need caregiving support too.

- Share your experiences
- Ask for advice
- Find support from people who get it

Community Specialists at Florida Blue Centers

Our Community Specialists are here for you. In addition to simply listening, they can help:

- Find solutions to challenges you're facing

- Connect you with local resources
- Provide information on caregiving topics
- Offer tips on managing stress
- Give direction on finding respite care

Visit FloridaBlue.com/Caregiver to learn more about our resources and connect with others who understand what you're going through. We're here to care for you and offer support, so you can keep caring for others.

Resources: [Family Caregiver Alliance](#); [Caregiver Action Network](#)

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Everyday tips for living well with diabetes

Living with diabetes can feel overwhelming. But with the right tools and mindset, you can find ways to take control of your health and feel your best. The Association of Diabetes Care and Education Specialists (ADCES) recommends the following seven self-care behaviors to help you live well with diabetes.

- 1. Healthy eating:** Focus on whole, unprocessed foods like vegetables, fruits, whole grains, lean proteins, and healthy fats. Aim for variety and balance in your meals to keep your blood sugar levels stable.
- 2. Being active:** Regular physical activity can help lower your blood sugar and improve your overall health. Any type of movement counts.
- 3. Monitoring:** Keep track of your blood sugar levels, blood pressure, and the health of your kidneys and feet to help you make informed decisions about your diabetes.
- 4. Taking medication:** If you're prescribed medications, take them as directed by your doctor to help you avoid complications.
- 5. Problem solving:** Develop a plan for managing high or low blood sugar levels and know what to do in case of an emergency.
- 6. Healthy coping:** Have a positive attitude about managing your diabetes. It's normal to have mixed feelings and experience highs and lows, so it's important to find ways to cope.



- 7. Reducing risks:** Learn about the complications of diabetes and practice positive lifestyle habits that will benefit you now and in the future.

By incorporating these tips into your daily routine, you'll be better equipped to manage your diabetes and improve your overall health. To learn more, [join us](#) for a 3-session webinar series, Live Well with Diabetes, starting November 6 at 2:00 p.m. ET.

Resource: [ADCES.org](https://www.adces.org); [FloridaBlue.com](https://www.floridablue.com)

Avocado-Egg Toast (Serves 1)

Ingredients:

- ¼ avocado
- ¼ teaspoon ground pepper
- ⅛ teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (optional)
- 1 tablespoon scallion, sliced (optional)

Directions:

You can toast your bread in the

toaster or use a small skillet (which you can also use for frying your egg). Toasting your bread before prepping the avocado gives it time to cool and firm up before topping. Remove the peel from the avocado and add the avocado flesh to the bowl along with all the seasonings. A regular fork works well for mashing and mixing, and you can use it again later to help scoop and spread the mixture on the toast. Combine avocado, pepper and garlic powder in a small bowl and gently mash. Crack the egg and



cook in a skillet for about 3 minutes. Scrape the avocado mash onto the cooled toast, then top with the fried egg. Garnish with the Sriracha and scallion, if desired.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1- 800-352-2583 (TTY: 1-800-955-8770).

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