



CATHOLIC  
MUTUAL GROUP

Fall 2024

COMMITMENT + EXPERTISE + STABILITY



BENEFIT BEAT

C.M.G. Agency, Inc. An affiliate of Catholic Mutual Group

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## November is American Diabetes Month

November is American Diabetes Month, and we want to recognize all the men, women, and children who live every day with diabetes (Type 1 - insulin-dependent, Type 2, gestational diabetes - pregnant mothers) or pre-diabetes. The American Diabetes Association provides the following statistics:

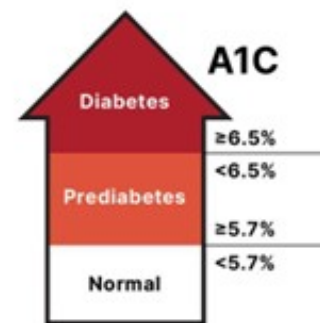
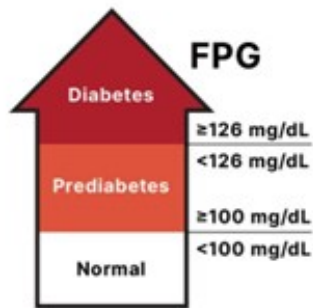
- In 2021, 38.4 million Americans, or 11.6% of the population, had diabetes.
- 2 million Americans have type 1 diabetes, including about 304,000 children and adolescents.
- Of the 38.4 million adults with diabetes, 29.7 million were diagnosed, and 8.7 million were undiagnosed.
- 97.6 million Americans age 18 and older had pre-diabetes.
- 1.2 million Americans are diagnosed with diabetes every year.

Everyone's diabetes journey is different. You can live a healthy and active life with the right tools, health tips, and resources – it starts with awareness. These are some common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

If you are experiencing one or more of these symptoms, please consult your physician. Your physician will most likely check your Fasting Plasma (blood) and Glucose FPG (fasting blood sugar). If your FPG results are  $\geq 100$  mg/dl Pre-diabetes or higher, your physician will most likely run a second test called the A1C. The A1C test measures your average blood glucose for two to three months. The A1C is a more accurate reflection of an individual's blood glucose levels.

From the chart below, an A1C result  $< 5.7\%$  is considered Normal, while a result  $\geq 6.5\%$  indicates diabetes.



The American Diabetes Association has a wealth of information and resources for your employees at [Diabetes.org](https://www.diabetes.org)

## Vaccine Reminder

Sick season is just around the corner and, in some cases, already here. Take Action:

- Protect Yourself
- Protect your Family and Friends
- It's better than having the Flu, Covid or pneumonia

The CDC guidelines for vaccines are constantly evolving, but the current recommendations are as follows:

- The seasonal flu shot is recommended for everyone ages 6 months and older.
- The COVID booster is recommended for all ages, especially those 65 and over.
- The pneumonia vaccine is recommended for children ages five and under and adults over 50.



For more detailed guidelines, visit the [CDC website](https://www.cdc.gov).

## Holiday Stress and Winter Blues

While many people refer to the holidays as “The Most Wonderful Time of the Year,” plenty of people feel overwhelmed by the stress of the season and the darker days that come with the end of Daylight Saving Time. If holiday plans and to-do lists affect your happiness, consider reducing your to-do list and focusing on self-care.

We urge you to remind your employees that mental health resources are available to help them cope with the mental health conditions that can make the winter months less than joyful. There are a number of mental health resources available through your health plan and EAP (if offered); there are also several online apps that employees can access such as BetterHelp, Talkspace, Sanvello and Faithful Counseling to name a few.



Roasted chicken with potatoes, onions, and spinach is the foundation of a healthy meal, but adding [honey squash dinner rolls](#), [focaccia](#), and a [garden salad](#) to the menu is a solid plan.

[Sheet Pan Chicken and Veggies Recipe](#)

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## EBBA ANNUAL MEETING January 21 & 22, 2025

The invitation emails have been sent! The 2025 Employee Benefit Buying Alliance (EBBA) Annual Meeting will be held on Tuesday and Wednesday, January 21 & 22, 2025 at the Westin Fort Lauderdale Beach Resort in Ft. Lauderdale, Florida.

**Please contact Annette Radde at [aradde@catholicmutual.org](mailto:aradde@catholicmutual.org) if you have not received an invitation or if you have any questions about the event.**

***Remember to Register by December 16th***



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Benefit Beat is a publication of C.M.G. Agency, Inc. Please feel free to share this newsletter with any staff, clergy or other members of your diocese for whom you think it would be useful. And, if there's anything you would like us to cover in a future issue of Benefit Beat, please contact us.

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