

## RECIPE OF THE MONTH

### Pumpkin Cheesecake in Gingersnap Crust

\*May substitute 4-1/2 packets Equal sweetener

\*\* May substitute 30 packets Equal sweetener

<https://diabeticgourmet.com/diabetic-recipes/pumpkin-cheesecake-in-ingersnap-crust>

#### CRUST

- 1-1/4 cups gingersnap crumbs
- 3 tablespoons stick butter or margarine, melted
- 3 tablespoons Equal Spoonful\*

#### CHEESECAKE

- 3 packages (8 ounces each) reduced-fat cream cheese, softened
- 1-1/4 cups Equal Spoonful\*\*
- 2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1 cup pumpkin puree (canned or homemade)
- 2 eggs
- 2 egg whites
- 2 tablespoons cornstarch
- 2 teaspoons vanilla
- Topping:
  - 1 cup reduced-fat sour cream
  - 2 tablespoons Equal Spoonful\*\*\*
  - 1/2 teaspoon vanilla

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#### INSTRUCTIONS

1. For Crust, combine gingersnap crumbs, 3 tablespoons Equal and butter. Press onto bottom of a 9-inch spring form pan. Bake in preheated 325F oven 8 minutes. Cool on wire rack while preparing cheesecake.
2. For Cheesecake, beat cream cheese, 1-1/4 cups Equal, cinnamon, nutmeg and salt in mixing bowl on medium speed of mixer until smooth and well combined. Mix in pumpkin. Mix in eggs and egg whites. Mix in cornstarch and vanilla until blended.
3. Pour cheesecake mixture over baked crust. Bake in preheated oven 40 to 45 minutes or until center of cake is almost set. Cool on wire rack 5 minutes. Meanwhile, combine sour cream, 2 tablespoons Equal and 1/2 teaspoon vanilla. Gently spread over top of cheesecake. Return to oven and bake 3 to 4 minutes until sour cream mixture is set. Remove cheesecake to wire rack. Gently run metal spatula around rim of pan to loosen cake. Let cheesecake cool completely. Cover and refrigerate at least 4 hours before serving. To serve, remove side of pan. Cut cake into wedges.

DIABETIC EXCHANGES 1 milk, 2-1/2 fat



# VIM & VIGOR

A Health Newsletter Serving the North Coast Schools Medical Insurance Group

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## JPA NOTES

From the JPA Office

With the new year the Vim & Vigor Newsletter will be getting a refresh! Beginning in January 2020, the Vim & Vigor Newsletter will only be distributed on a quarterly basis and will undergo formatting updates. Our goal is to provide our members with up-to-date, relative information while also keeping the environmental and financial impacts to a minimum. We feel that the time has come to reevaluate this valuable communication tool and ensure that a quality and informative product will be forthcoming. Stay tuned for exciting changes!

#### IMPORTANT NOTE REGARDING HEALTH SCREENINGS

**Please be sure to make note of the health screening locations when they appear in the January and April newsletters. The health screenings run from March 3 to May 7. You can always check with your district for times and locations once the information is distributed to the school sites.**

#### FIRST AND FOREMOST, GET YOUR FLU SHOT.

Flu Season is coming, and we want you to be prepared! The flu shot is the best way to protect yourself and your family from the flu and its complications. Though there is still a small chance you can catch the flu even if you get vaccinated, getting the flu shot will greatly reduce your risk. It is especially important that seniors, infants and others with weakened immune systems get vaccinated.

#### SUPPORT YOUR IMMUNITY BY FUELING YOUR BODY FOR OPTIMUM STRENGTH.

Support your body's immune system with simple but effective habits. Eat a well-balanced diet and talk to your doctor or pharmacist about vitamins that may help support your wellness. Be sure to drink 6-8 glasses of water each day and consider cutting back your caffeine intake. Make time in your schedule for exercise and 7-8

hours of sleep every night.

#### WASH YOUR HANDS AND DON'T TOUCH YOUR FACE.

Your hands can carry germs to your eyes, nose and mouth. Break the habit of touching your face, and wash your hands frequently. When you wash, wet hands thoroughly, work up a lather and scrub for at least 20 seconds. Rinse well and air dry or blot with a clean towel. Alcohol-based sanitizer is not as effective as handwashing but it's a great alternative.

#### COVER YOUR COUGH.

Coughing and sneezing into the air makes germs and viruses airborne, where they can easily spread to surfaces and other people. Help reduce the spread of germs by coughing or sneezing into a tissue or your elbow. If work, travel or other activities bring you into contact with many people, consider using a product during flu season that helps boost your immunity to airborne viruses.

#### DISINFECT SURFACES.

Use a product that kills household germs and be sure to thoroughly wipe down handles, faucets and all surfaces that you touch often — don't forget your workspace and car! If you use public transportation, be sure to wash your hands as soon as you get to your destination.

#### THINK YOU MIGHT BE SICK?

Don't "wait and see" — get help right away. Early flu treatment (within 72 hours of exposure to the virus) has been proven to reduce the length and severity of illness. If you think you might have the flu, or have been exposed to someone with the flu, see a health care professional right away.

<https://www.cvs.com/minuteclinic/resources/flu-prevention>

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# UNDERSTANDING DIABETES

## No matter where you are in your fight, here's where you need to be.

Whether you've been newly diagnosed, have been fighting against type 1 or type 2 diabetes for a while, or are helping a loved one, you've come to the right place. This is the start of gaining a deeper understanding of how you can live a healthier life—with all the tools, health tips, and food ideas you need. Wherever you're at with this disease, know that you have options and that you don't have to be held back. You can still live your best life. All you have to do is take action and stick with it.

### Understanding type 1

Here is what you need to know about type 1 diabetes. 1.25 million Americans have it and 40,000 people will be diagnosed with it this year. Type 1 diabetes occurs at every age, in people of every race, and of every shape and size. Learning as much as you can about it and working closely with your diabetes care team can give you everything you need to thrive.

In type 1 diabetes, the body does not produce insulin. The body breaks down the carbohydrates you eat into blood sugar that it uses for energy—and insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, everyone can learn to manage their condition and live long healthy lives.

Remember: this is a condition that can be managed. By living a healthy lifestyle filled with exercise and proper diet, you can live a normal life and do everything you set out to do.

### Understanding type 2

Type 2 diabetes is the most common form of diabetes—and it means that your body doesn't use insulin properly. And while some people can control their blood sugar levels with healthy eating and exercise, others may need medication or insulin to help manage it. Regardless, you have options—and tools, resources, and support to help you fight.

A key part of managing type 2 diabetes is maintaining a healthy diet. You need to eat

something sustainable that helps you feel better and still makes you feel happy and fed. Remember, it's a process. Work to find helpful tips and diet plans that best suit your lifestyle—and how you can make your nutritional intake work the hardest for you.

Fitness is another key to managing type 2. And the good news, all you have to do is get moving. The key is to find activities you love and do them as often as you can. No matter how fit you are, a little activity every day can help fight type 2 and put yourself in charge of your life.

### Understanding prediabetes

When it comes to prediabetes, there are no clear symptoms—so you may have it and not know it. Here's why that's important: before people develop type 2 diabetes, they almost always have prediabetes—blood sugar levels that are higher than normal but not yet high enough to be diagnosed as diabetes. You may have some of the symptoms of diabetes or even some of the complications.

Regardless, check with your doctor and get tested. If you discover that you do have prediabetes, remember that it doesn't mean you'll develop type 2, particularly if you follow a treatment plan and a diet and exercise routine. Even small changes can have a huge impact on managing this disease or preventing it all together—so get to a doctor today and get tested.

<https://www.diabetes.org/diabetes>

# LIVONGO

## ENHANCE YOUR CARE MANAGEMENT PROGRAM

The Livongo for Diabetes Program is offered at no cost to you and your family members diagnosed with diabetes who have coverage under NCSMIG. The goal of Livongo is to reduce the burden of managing diabetes by enhancing an individual's Care Management Program.

### How does Livongo work?

Livongo utilizes **REAL-TIME INTERVENTION** through a meter that notifies the Program's coaches when a member's blood sugar readings indicate a potentially critical event. **COMPREHENSIVE REPORTING** is used to provide targeted support and assess the impact of the Program on diabetes clinical outcomes and on total diabetes and medical costs. Livongo connects with clinical coaches, physician, nurses, and provider networks to provide **CARE COORDINATION**.

### Here is what you get with the Livongo for Diabetes program:

- Free test strips and lancets, plus a new free blood glucose meter: While you are enrolled in this program, Livongo will ship the strips and lancets directly to your home, with no copays or coinsurance. You can order refills of your strips and lancets from Livongo online, or using your meter.
- Better diabetes monitoring: Livongo's smart meter comes with a cellular chip that automatically uploads your readings—no more log books. The meter also provides real-time tips and, if desired, it can notify your family if a reading is out of range.
- Answers to your questions 24/7: Certified Diabetes Educators are available to provide nutrition and lifestyle tips. In addition, Coaches are available to support you 24-hours a day, and can reach out to you directly if your readings indicate you may need help.

Join the tens of thousands of people who are already using Livongo today and **Enroll Now!**

To sign up or to learn more about this program, visit [www.join.livongo.com](https://www.join.livongo.com) or call Livongo Member Support at **1-800-945-4355**. The registration code for Pine plan members is **NCSMIG-PINE**. **All other NCSMIG members, use the code NCSMIG.**

<https://www.livongo.com/getting-started-hphs.html>

