



HEALTHY STEPS

WELCOME BACK TO HEALTHY STEPS!

Welcome to autumn! We're thrilled to present the latest issue of the Healthy Steps newsletter. Discover a delightful fall recipe that is an absolute must-try. We're also excited to spotlight our outstanding Patient Support Team members. Plus, we have valuable tips on foot care during this cooler season. Let's ensure you take on the autumn season with confidence! As always, we're here to assist you. Please reach out with any questions.

Take care of your precious feet with these tips!

- Avoid direct heat to your feet, such as a heating pad and heaters, to avoid burns.
- Wash your feet every day in warm (not hot) water. Don't soak your feet. Dry your feet completely and apply lotion to the top and bottom — but not between your toes, which could lead to infection.
- Inspect your feet daily for any changes such as color, swelling, blisters, calluses, or wounds and report them to the provider if detected.

HERE ARE SOME TIPS FOR THE SMARTMAT™:

- Avoid placing your mat near a heat source, such as a heater, heating vent, appliance, or anything that produces heat. The mat picks up environmental heat.
- Store your mat in a safe space to avoid trips and fall hazards.



CONTACT OUR PATIENT SUPPORT TEAM VIA CALL OR TEXT

Monday - Friday
9AM - 7PM EST

Veterans:

1-833-203-3777
(TTY: 711)

Health Plan Members:

1-800-468-5980
(TTY: 711)

MEET OUR SUPPORT TEAM



BRITTANY

Podimetrics has a great mission. As an Onboarding Specialist, I encounter many different personalities and scenarios. I enjoy speaking with patients who are truly excited and grateful for the work that we do. A little about me: I love poetry, music, and rainy days.



MCKAYLA

Working as a nurse at Podimetrics has been an amazing experience. I feel lucky to engage with patients every day, making an impactful difference in their lives. A fun fact about me is that I enjoy spending time with my two kids and husband and cooking!



HERTA

I love working for Podimetrics! It is very rewarding to be a part of such a wonderful team of nurses who are devoted to preventative care. A little about me: I love traveling and spending time with my family. I also have a slight obsession with chocolate.

TRUE OR FALSE?

You should pre-plan adjusting meal times during holidays when they don't align with your regular schedule.

True - Yes, if you take insulin or oral medication to lower your blood sugar, remember to schedule a snack at your regular meal time to avoid low blood sugar. Consult your provider before the holidays to plan for any meal changes.
Source - <https://www.diabetesfoodhub.org/articles/6-tips-for-a-happy-healthy-holiday-with-diabetes.html>

GET COOKING



ALMOND JOY HOT CHOCOLATE

(From ADA Diabetes Food Hub)

Prep time: 20 mins

Serving Size: 1 cup hot chocolate, 2 tbsp whipped topping, and 1 tbsp sliced almonds

Servings: 4

Calories per serving: 105

Carbohydrates per serving: 11g

Ingredients:

- 4 cups unsweetened almond milk
- 1/4 cup sliced almonds
- 1/4 cup cocoa powder
- 1/4 cup Splenda Sugar Blend
- 1/2 tsp almond extract
- 1/2 cup fat-free whipped topping

Instructions:

1. Add almonds to a dry sauté pan over medium-high heat and sauté until lightly toasted. Set aside to cool.
2. Add almond milk, cocoa powder, Splenda, and coconut extract to a blender and blend until incorporated and slightly foamy.
3. Add hot chocolate mixture to a saucepan over medium heat and bring to a simmer.
4. Add 1 cup of hot chocolate to a coffee mug, top with 2 tablespoons of whipped topping and sprinkle with 1 tablespoon of cooled, toasted almonds.
5. Repeat for 3 remaining coffee mugs.



MORE INSIGHTS AND RESOURCES *FOR YOU!*

What does a foot ulcer look like? Recognizing its appearance can help prevent progression and minimize complications. One of our recent blog posts offers valuable insights to assist you in identifying them. Scan the QR code to read it.



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