



WELCOME BACK TO HEALTHY STEPS!

Summer is here, and we've got an exciting new edition of the Healthy Steps newsletter just for you! Inside this issue, we're bringing you a refreshing summer recipe to try out. We're also putting the spotlight on some incredible members of our Patient Support Team. Additionally, we have tips to help you take care of your feet while you enjoy the great outdoors. Let's make sure you're stepping confidently into the sunny season! As always, we're here to assist you. Please reach out with any questions.

Look after your feet with these tips!

- Regularly check your footwear and inserts for signs of wear and tear.
- When wearing new shoes, it's important to ask your provider about a regimen for breaking them in. This process can sometimes cause foot irritation and blisters.
- Inspect your feet before and after wearing new shoes to help detect new blisters or irritation that may be caused by them.



CONTACT OUR PATIENT SUPPORT TEAM

Monday - Friday
9AM - 7PM EST

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

Health Plan Members: 1-800-468-5980 (TTY: 711)

HERE ARE SOME TIPS FOR THE SMARTMAT™:

- Headed on vacation? You can take your mat with you. It can send in your scans anywhere there is cell connectivity. When you reach your destination, use the “check cell service” button on the back of the mat to reconnect the mat to cell service.
- The mat can save up 30 scans without cell service and submit them once you regain cell service. Just press the "check cell service" button on the back to reconnect to cell service.



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MEET OUR SUPPORT TEAM



MELANIE

I love working at Podimetrics and having meaningful conversations with our patients. I am passionate about preventive care and feel the SmartMat™ is such a useful tool for our patients. I am lucky to work alongside such a wonderful team of nurses at Podimetrics. A fun fact about me is I love sharing my love of fitness and met my husband while working out.



BRIANNA

I love working for Podimetrics because I truly know we are making a difference. We are an amazing team of nurses and health care professionals who are dedicated to supporting our patients. We enjoy working together. A little about me: I’m passionate about travel and spending time with our two dogs!



KIM

Since November 2022, I have been with Podimetrics as an Onboarding Specialist. I am one of the first people our patients encounter when calling in with their new SmartMat. I ensure they understand how to use their device, and I walk them through their first scan. I absolutely enjoy what I do and am fortunate to work for an amazing company.

TRUE OR FALSE?

Through healthy eating and exercise, shedding just a few pounds can enhance your overall well-being.

True - You'll have more energy. And it will get easier to manage your diabetes, all while reducing your risk of developing other related problems.
Source: <https://diabetes.org/healthy-living/weight-loss>

GET COOKING



**BUDGET-FRIENDLY
SUMMER VEGETABLE
FRITTATA**

(From ADA Diabetes Food Hub)

Choices/Exchanges:

- 2 Nonstarchy vegetable,
- 1 Lean protein, 1 Fat

Prep time: 20 mins

Serving Size: 2 slices

Servings: 4

Calories per serving: 130

Carbohydrates per serving: 9g

Ingredients:

- 1 tbsp olive oil
- 8 oz white button mushrooms (diced)
- 1 medium red bell pepper (diced)
- 1 small onion (diced)
- 3 cups spinach
- 2 whole eggs
- 5 egg whites
- 1/4 cup skim milk
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper
- 1 tbsp fresh basil (chopped)
- 1/2 tsp salt (*optional*)

Instructions:

1. Preheat the oven to 350 degrees F.
2. Add olive oil to an oven-safe, non-stick, sauté pan over medium high heat.
3. Add mushrooms and sauté until all the liquid from the mushrooms evaporates.
4. Add bell pepper, onion, and spinach and sauté until vegetables are soft and liquid evaporates.
5. Whisk eggs, egg whites, milk, salt (optional), pepper, cayenne pepper, and basil in a medium bowl. Pour over vegetables and stir until eggs set.
6. Smooth the top of the frittata with a spatula, and put in the oven to bake for 20 minutes or until eggs are set.
7. Gently slide the frittata out of the pan onto a plate and cut into 8 pie slices.



MORE INSIGHTS AND RESOURCES FOR YOU!

Foot blisters are a common problem for those living with diabetes. Our newest blog offers valuable insights to assist you in managing them. Simply scan the QR code to access the blog post.