podimetrics

HEALTHY STEPS

WELCOME TO OUR NEWEST HEALTHY STEPS NEWSLETTER!

Dive into a scrumptious summer recipe, meet our amazing Patient Support Team members, and grab some useful tips on foot care. Let's tackle this season together with confidence! Remember, we're always here to help.

Feel free to reach out with any questions!

Tips to look after your feet!

- Summer is here! Protect your feet from hot surfaces, such as walking barefoot outside or on sidewalks. Always protect your feet by wearing shoes.
- The SmartMat doesn't replace daily foot checks. Use a mirror to inspect your feet each day for color changes, swelling, blisters, calluses, or wounds.
- Check calluses for lifting of edges, discoloration, or pain/tenderness. Reach out to your provider with any concerns.

HERE ARE SOME TIPS FOR THE SMARTMAT™:

- If you have a wound that will touch the mat or has active drainage, please refrain from scanning that foot. You can scan your healthy foot instead.

- The SmartMat monitors 6 key points on each foot for asymmetry: the big toe, the 1st, 3rd & 5th Metatarsal heads. the arch, and the heel.

CONTACT OUR PATIENT SUPPORT TEAM VIA CALL OR TEXT

Monday - Friday
9AM - 7PM EST

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

MEET OUR SUPPORT TEAM

TONKE ICHI - ONBOARDING SPECIALIST

I absolutely love working for Podimetrics. It's a company that truly walks the walk. Each day, I feel like I'm making a difference in the lives of our amazing patients. Connecting with them, hearing their stories, and letting them know we're here for them.

MARY LIVINGSTON - PATIENT SUPPORT REPRESENTATIVE

Working at Podimetrics has been life-changing for me. Personally connecting with our patients and knowing they have a team of wonderful people for clinical, technical, and all areas of Podimetrics support is very satisfying. The SmartMat is an amazing piece of equipment that has helped thousands of people. Something about me: God is my priority, family is very important to me—my husband is the smartest, funniest man I know; I have a stepson who is a commercial pilot and will soon attend Commissioned Officer training in the Air Force; I love my two dogs like they're my own children; and I'm a plant hoarder.

AMANDA HACKETT - CLINICAL SUPPORT NURSE

I love working at Podimetrics, supporting individuals who might otherwise have limited access to healthcare. I love empowering patients with the knowledge to help manage their foot health and foster independence. We are all a wonderful group of professionals with the same goal: improving the patient's foot health. Fun fact about me: I love the beach and listening to the waves!

HYDRATE FOR HEALTHY FEET—AND BETTER HEALTH!

Proper hydration is key for foot and overall health. Dehydration can affect blood flow and wound healing, increasing complications for those with foot ulcers. Drink plenty of water this summer to stay hydrated!

GET COOKING

FRUITED CHICKEN SALAD
(From ADA Diabetes Food Hub)

Prep time: 15 mins
Cook time: 30 mins
Serving size: 2/3 cup
Servings: 8
Calories per serving: 130
Carbohydrates per serving: 16g

Ingredients:

- 1 cooked deli chicken breast
- 2 small Gala apples (diced)
- 1/2 cup red seedless grapes (halved)
- 1/4 cup dried apricots (sliced)
- 1/4 cup frozen dark sweet cherries (dried off)
- 2 celery stalks (diced)
- 1/4 cup red onion (diced)
- 2 tbsp low-fat mayonnaise
- 2 tbsp plain, low-fat yogurt
- 1/4 tsp sea salt
- 1/4 tsp freshly ground black pepper

Instructions:

1. Cut the chicken into cubes or slices.
2. In a large bowl, combine the chicken with the apples, grapes, apricots, cherries, celery, and onion.
3. Gently fold in the mayonnaise, yogurt, salt, and pepper. Cover and refrigerate for 30 minutes to meld flavors.

MORE INSIGHTS AND RESOURCES *FOR YOU!*

Are you new to the SmartMat or need a quick refresher on how to use it? Watch this informative video for valuable tips and insights on getting the most out of your SmartMat.

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