



WELCOME BACK TO HEALTHY STEPS!

Introducing the latest Healthy Steps newsletter! Discover a delightful recipe, meet some of our outstanding Patient Support Team members, and get valuable tips on foot care. With our guidance, you'll take on this 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 going barefoot, even in the house, to always protect your feet.
- Wearing white socks helps identify foot injury by showing blood or drainage marks, indicating the injury.
- The SmartMat™ doesn't replace daily foot inspections. Continue to inspect your feet daily for changes such as color, swelling, blisters, calluses, or wounds. Report any issues to the provider.



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™:



- If you have any physical or safety concerns, you can always sit to scan. Apply a good amount of pressure to your knees.
- If you ever need to remember whether you've scanned for the day, simply tap the mat with your foot as if you're on a scale to display the zeroes. This action will prompt your calendar and also show your battery life.



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MEET OUR SUPPORT TEAM



SHERRI PLESSINGER - ONBOARDING SPECIALIST TEAM LEAD

I am thankful every day to be a part of a group of amazing people with the same goals in mind. I love working with the Patient Onboarding Team. As part of this team, I focus on patient care, the patient experience, and how we can make a greater impact in their lives. Fun fact: I never met a beach I didn't like.



CASSANDREA ZIMBA - PATIENT SUPPORT REPRESENTATIVE TEAM LEAD

Working at Podimetrics has given me a sense of purpose and joy, knowing that I play a small role in preventing foot complications before they start. I love speaking with our patients! It's touching to hear about their lives and families, and I can't neglect to mention the jokes and laughs shared; it makes my day so enjoyable.



If you received a survey from us last year, thank you for your response! We have received your feedback and are working on improvements. Thank you for helping us strive for excellence.

Here's the top feedback we received:

1. Provide more feedback from the SmartMat™ device
2. Add a weight scale to the SmartMat™
3. The SmartMat™ is easy to use
4. Provide more clarity on how the device and program works
5. The staff are great

In addition, other great ideas were submitted that we're working on. If you have not received a survey yet, rest assured that you will receive one from us this year!



If you want to give feedback immediately, please scan this QR code. Your voice matters here, and we appreciate your input.

GET COOKING



UNSTUFFED PEPPER CASSEROLE
(From ADA Diabetes Food Hub)

- Prep time:** 15 mins
- Cook time:** 40 mins
- Serving Size:** 1 square (4" x 4")
- Servings:** 6
- Calories per serving:** 390
- Carbohydrates per serving:** 39g

Ingredients:

- 1lb lean ground beef
- 1 tbsp olive oil
- 1 small red bell pepper (diced)
- 1 small green bell pepper (diced)
- 1 small orange bell pepper (diced)
- 24oz jarred marinara sauce
- 3c cooked brown rice
- 4oz reduced-fat shredded cheddar or Mexican-style cheese

Instructions:

1. Preheat the oven to 400 degrees F.
2. Heat a large non-stick skillet over medium heat. Add beef and cook, stirring often, until crumbed and browned, 8–10 minutes. Transfer beef to a bowl with a slotted spoon.
3. Return the skillet to medium heat and add olive oil and peppers. Cook, stirring often, until peppers have softened, 7–8 minutes.
4. Return the beef to the skillet along with the marinara and rice. Stir to combine and transfer to a 9x13 baking dish. Sprinkle with cheese.
5. Bake for about 20 minutes, until the cheese is bubbly.



MORE INSIGHTS AND RESOURCES FOR YOU!

New to the SmartMat or need a quick refresher on how to use it? Watch this informative video for valuable tips and insights to get the most out of your SmartMat™.