



HEALTHY STEPS

WELCOME TO OUR NEWEST HEALTHY STEPS NEWSLETTER!

Introducing the latest Healthy Steps newsletter! Embrace the colder season with a cozy seasonal recipe, meet some of our amazing Patient Support Team members, and get essential tips on cold-weather foot care. With our guidance, you'll stride through this season with confidence!

As always, we're here to support you. Feel free to reach out with any questions.

Take care of your feet with these valuable tips!

- Avoid using heating pads or heat sources directly on your feet to prevent accidental burns.
- Have new shoes? Ask your provider about a regimen to help break them in.
- Check your feet before and after wearing new shoes for new blisters or irritation. Daily foot checks are essential to foot health.

Here are some tips for the SmartMat™:

- As the months get colder, it is time to turn on your heat sources. Please make sure to keep your SmartMat away from the heat source. A rise in temperature may cause inaccurate temperature readings.
- If you use a heated blanket, let your feet cool down for 20-30 minutes to match the room temperature before your scan. This will help with accurate temperature readings.



MEET OUR PATIENT SUPPORT TEAM



Caleb Lentz - Training, Education, and Quality Associate

Being able to speak with our patients on the phone is such a nice opportunity to make a personal connection with the individuals who benefit from the work we do each day. I truly enjoy working with a group of people who have such a strong commitment to enhancing patients' lives by helping them manage their foot health. I live in New England and enjoy keeping active through cycling and pickleball. I also love seeing the world along with my wife and traveling companion, Laura.



Sarah Stewart - Onboarding Specialist

I am an Onboarding Specialist at Podimetrics. I love helping our patients set up their SmartMats and answering their questions. It is very rewarding working at Podimetrics knowing we provide great preventative care with a very personalized touch!

GET COOKING

CREAMY PUMPKIN PASTA (FROM ADA DIABETES FOOD HUB)

This creamy pumpkin pasta is a comforting, diabetes-friendly meal for a brisk cold night. This high-fiber recipe is vegetarian, but you can try adding a lean protein like chicken for more protein. Plus, the leftovers make an easy meal the next day!

Prep time: 10 min

Cook time: 10 min

Serving size: 1 cup

Servings: 8

Calories per serving: 280

Carbohydrates per serving: 48g



Ingredients

- 1 tbsp Parmesan cheese (grated)
- 14 oz Whole-wheat rotini pasta
- 1/4 tsp White pepper
- 1/3 tsp Nutmeg (ground)
- 2 tbsp Fresh parsley (chopped)
- 2/3 cup Half-and-half (or milk)
- 1 cup Vegetable broth
- 2 cups Pumpkin puree
- 3 Garlic cloves (minced)
- 1 Yellow onion (diced)
- 3 tbsp Olive oil

Instructions

1. Heat a large skillet over medium heat. Add oil, onion, and garlic. Cook, stirring often, until onion is softened, 4-5 minutes.
2. Add pumpkin puree, broth, cream, and spices. Cook, stirring occasionally, until thickened and heated through, about 10 minutes. Add salt and pepper if desired.
3. Meanwhile, cook pasta according to package instructions.
4. Toss cooked pasta with the sauce and top with grated cheese and parsley.

YOUR FEEDBACK FUELS OUR PROGRESS: MORE SURVEYS COMING SOON!

Thank you to everyone who recently completed our survey! We've received your feedback and are already working on improvements. Your input is key as we strive for excellence, and we're excited to keep hearing from you. Watch for more surveys—we look forward to your thoughts!

MORE WAYS TO STAY ENGAGED!

We're excited to bring you new, simple ways to manage your foot health. Stay tuned for a patient-friendly app and portal that will help you track your scans, communicate with our Patient Support Team, and access educational content to support your foot health journey.



JOIN OUR PATIENT INSIGHTS PANEL!

Help shape the future of foot health by sharing your experiences and ideas! We're looking for volunteers to participate in quarterly video chats. Scan the QR code to get involved—we'd love to hear from you!

CONTACT OUR PATIENT SUPPORT TEAM

Monday–Friday
9 AM to 7 PM EST

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

Email: patients@podimetrics.com