



HEALTHY STEPS

WELCOME TO OUR NEWEST HEALTHY STEPS NEWSLETTER!

You'll find a tasty recipe, helpful warm-weather foot care tips, and a chance to meet some of our amazing Patient Support Team members. We're here to help you feel confident and supported this season. As always, don't hesitate to reach out with any questions! We're here to support you.

Take care of your feet with these simple tips:

- Don't go barefoot, even in the pool. Talk to your doctor about safe footwear for swimming.
- Keep your feet elevated while sitting, check your shoes often, and inspect your feet daily.
- Using the Podimetrics SmartMat™ is helpful, but it doesn't replace daily foot checks. Look for changes like color, swelling, blisters, calluses, or wounds. Report any issues to the doctor.

SmartMat Tips:

- See your foot doctor yearly to keep an eye on your foot health. If you notice any changes during your daily foot checks, let your doctor know.
- When scanning, keep your toes 2 inches from the SmartMat's screen and your feet 6 inches apart for the best results.



MEET OUR PATIENT SUPPORT TEAM



Kiara Foguth - Onboarding Specialist

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've never met a beach I didn't like.



Herta Murphy - Nurse

What I love most about being a nurse is bonding with my patients. Getting to know them and understanding their needs, concerns, and challenges through open communication is imperative to building trust and fostering strong therapeutic relationships.

GET COOKING

CREAMY CHICKEN APPLE SALAD

(FROM ADA DIABETES FOOD HUB)

Easy to prepare and packed full of good nutrition—protein from chicken, fiber from the apple, and healthy fat from the walnuts—this is a quick recipe that's perfect for lunches and making ahead.

Prep time: 15 min
Serving size: 1/2 cup
Servings: 8
Calories per serving: 100
Carbohydrates per serving: 5g



Ingredients

- 2 cups cooked chicken breast (chopped)
- 2 stalks of celery (diced)
- 2 green onions (chopped)
- 1 medium Jonagold apple (finely diced)
- 3 tbsp walnuts (chopped)
- 1/4 cup light mayonnaise
- 1/4 cup yogurt (plain, fat-free)
- 1/2 lemon (juiced)
- 1/8 tsp black pepper

Instructions

1. In a medium bowl, combine the chicken, celery, green onions, apple, and walnuts.
2. In a small bowl, whisk together the mayonnaise, yogurt, lemon juice and pepper. Pour over the chicken mixture and gently stir to coat.
3. Serve salad over your choice of lettuce leaves, bread or crackers.

MORE INSIGHTS AND RESOURCES FOR YOU!

New to the SmartMat or need a refresher? Watch this video for tips to get the most out of it. <https://youtu.be/SeltHF9GTgw?feature=shared>.



CONTACT OUR PATIENT SUPPORT TEAM

Monday–Friday
9 AM to 7 PM EST

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