



What is Prediabetes?

If you have prediabetes, your blood sugar level is higher than normal. Think of it as a red flag to focus on your health. Unlike type 2 diabetes, which is not reversible, prediabetes can be reversible. You can prolong or even prevent the slide into type 2 diabetes by changing your diet and exercising more.

Prevention - Lifestyle Changes:

- **Make healthy food choices** – eat vegetables, whole grains, lean meats and low-fat dairy products; limit the amount of fried or fatty foods you eat.
- **Be active** – walk, garden or do something active for 30 minutes or more most days of the week.
- **Stop smoking** – smoking increases your chance of having a heart attack or stroke, or developing cancer.
- **Lose weight** – being overweight increases the risk of many health problems, including diabetes.
- **Avoid alcohol** – alcohol can increase blood sugar and blood pressure.

Beechwood Biometric Screening

April 6 from 2 to 5 pm - 2nd Floor Office Block

April 7 from 6am to 11:40 am - First Aid Room on 1st Floor

Important information for the day of screening:

1. Fasting is not required but preferred for the most accurate results. Black coffee, water, and medications are permitted.
2. The blood collection method will be by finger stick.
3. Please remain masked during the screening process.



Appointments are required.

[Book Appointment](#)

Ask the Clinic

April is Diabetes Awareness Month

What is blood sugar?

Blood sugar, also known as blood glucose, is the amount of sugar in your blood at any given time. This glucose comes from the foods you eat and is carried by the blood to all your body's cells. Insulin, a hormone produced by the pancreas, assists the sugar molecules into the cells, giving them the energy to keep our bodies working properly.



What are the signs of low blood sugar?

Feelings of dizziness, hunger, and a fast heartbeat are signs, but most often, low blood sugar can make you feel shaky. You might also be pale, clammy and/or sweaty, tired, nervous, or irritable. A blood sugar less than 70 mg/dl is considered low and should be treated.

How can I find out if I have diabetes?

There are several options to screen or test for diabetes. If diabetes is a concern for you or if you have been diagnosed as prediabetic, diabetic, have had Gestational diabetes, or someone in your family has diabetes, schedule an appointment with the Onsite Clinic staff. We can check your blood sugar and A1c level, coordinate diabetic care and treatment, review medications, and so much more.

Ralph Lauren has partnered with Livongo, a health benefit to help make managing your diabetes easier, and it's free to the Ralph Lauren employees. If you have diabetes, get started by registering when you register get an advanced blood glucose meter, unlimited strips, lancets, and more just for signing up.

[Register For Livongo](#)

Counseling with Nathan Blake, CFBPPC, LCAS

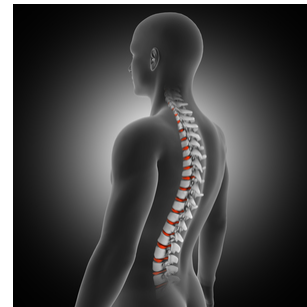
Easing of restrictions has allowed us to get back to the people and things we love, but it's okay if adjusting has brought challenges too. Nathan Blake, Counselor for Ralph Lauren employees and dependents, is here to help you cope. Nathan's services are part of the Onsite Clinic and free to employees and dependents.



Contact Nathan at 336-416-3623

5 Ways to keep your spine healthy and happy

1. **De-stress your spine while sleeping:** Support your spine by lying on a medium-firm mattress and placing a pillow between your legs or under your knees to reduce pressure on the spine.
2. **Exercise your core:** Engage in core-building exercises to strengthen your lower back and abdomen muscles to stabilize your spine.
3. **Wear shoes that support your spine:** Wear shoes that provide a supportive base to help the spine and body remain in alignment. Make sure that the area of the shoe that fits the back of your heel is snug but not overly tight.
4. **Indulge in a massage:** Pamper your spine with a good back massage, which has several therapeutic benefits, such as increasing blood flow, loosening tight muscles and connective tissue, and boosting the feeling of relaxation.
5. **Support your spine while sitting:** Get the right office chair and practice an ergonomically supported sitting posture to help maintain the natural curve of your back.



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