

# Helping you

**CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER**

SUMMER ISSUE • AUGUST 2025

## August Spotlight: Diabetes & prediabetes

This month, we're highlighting information about diabetes and prediabetes. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about diabetes and prediabetes from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, select the **ES** icon in the top right corner.

- [Prediabetes](#)
- [Prediabetes](#)
- [Diabetes tests and checkups](#)
- [Exámenes y chequeos para la diabetes](#)

These additional links from other health organizations offer more information about diabetes and prediabetes awareness:

- [Prediabetes, could it be you?](#)
- [Insulin resistance & prediabetes](#)
- [Diabetes & foot problems](#)
- [Diabetes and planning for sick days](#)

## Healthy recipes

- [Grilled strawberries on "crème" with balsamic glaze](#)
- [Guilt-free breakfast sausage patties](#)
- [Tofu and vegetable skewers](#)
- [Simple roasted cauliflower](#)

## Mental health awareness

The links between depression, anxiety and exercise aren't entirely clear. But depression and anxiety symptoms often improve with exercise. Learn how exercise can help with these conditions plus others — and [how to get the most out of it](#).



## Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

### Summer diabetes tips

Managing blood sugar and insulin in hot weather presents unique challenges.

### Psoriasis 101

This tricky autoimmune condition can cause a variety of skin problems.

### Cucumber salad with tomatoes

Try this quick and easy summertime salad of tomatoes, cucumbers and couscous.

Find the entire **Summer** issue [here!](#)