



## Don't Forget!

EAP services are available to you and your household members as well as dependent children living away from home, up to age 26.

## Learn Your Risk During Diabetes Awareness Month

According to the Centers for Disease Control, diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy. There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant).

Diabetes is the 7th leading cause of death in the US and may be underreported because it's often a factor in other causes of death. It can increase your risk of stroke, cardiovascular disease, kidney disease, and many other serious health problems.

Type 2 diabetes accounts for approximately 90-95% of all diagnosed cases of diabetes. Besides family history, **type 2 risk factors** include having

high blood pressure, smoking, being over 45 years of age, being overweight, inactivity, and having a history of gestational diabetes.

Certain population groups such as African Americans and Hispanics are also at higher risk. Take [the 60-second Diabetes test](#) to learn your risk.

For people with prediabetes, early treatment and moderate lifestyle changes may **help prevent or delay type 2 diabetes**. Learn more about [preventing Type 2 diabetes](#).

Your EAP can also help. Call 800-252-4555 to schedule **one-to-one coaching services** for stress management, fitness, relaxation, nutrition, and quitting smoking, or visit the **Wellness Center** in your online Self-Help Resource Center.

## Tips for Caregivers & Those Who Love Them

November is National Family Caregivers Month, honoring those who care for elderly parents or family members with chronic or debilitating conditions. Here are tips for caregivers to avoid burnout, as well as tips for friends and family on ways to offer support.

**For caregivers:** Find a medical person, an online network, a friend, or a counselor from your EAP to talk to • Identify local support resources • Learn how to ask for and accept help • Take time off, even if only a few minutes a day • Recognize signs of burnout and learn how to say no • Find healthy ways to deal with your stress

## Wellness Matters

- Still using tobacco? Get support and tools for quitting on November 17, the **Great American Smokeout**. Give us a call to get help from a Coach!
- Covid-19 article to help with protection decisions: **Omicron boosters: Do I need one, and if so, when?**
- Flu season lasts through the Spring. If you haven't yet, why not get a flu shot before the busy holiday season? Check out our blog: **Influenza season: Time to get the flu vaccine!**
- November is **Alzheimer's Awareness Month**

## Benefit Reminder!

Have you visited your updated **Self-Help Resource Center** to explore the new videos, articles, and Learning Centers? Why not log in now to see what's new? Remember, eligible family members can use it, too!



**For Friends & family:** Stay connected - caregivers often feel isolated • Offer concrete help: Shovel a walk, mow a lawn, offer a ride • Contribute financially, caregiving can be costly. Help with direct costs or give gift cards for groceries and other necessities • Listen, care, and be supportive • Avoid second-guessing, back-seat driving and criticism

Find local senior care services and access Caregiver Resources by logging in to [www.HigherEdEAP.com](http://www.HigherEdEAP.com) and clicking on the **Connections/Work-Life** tile.

## Learn Something New!

Choose from thousands of online E-Learning courses, many of them in short micro-learning bursts you can take at your convenience. We add new topics every month. Log in at [www.HigherEdEAP.com](http://www.HigherEdEAP.com) and click on the comprehensive training library in the “Training Center.”

- **NEW! Working in a Hybrid World: 5 Tips to Increase Your Productivity | Course ID: SVL\_1021825**

7-minute lesson covering workspace setup, scheduling, going paperless, team building, and more.

- **NEW! Diversity Toolkit: Your Bias Is Showing | Course ID: SVL\_1028730**

Learn the dangers of biases, prejudices, and stereotypes in the workplace in this 9-minute video.

- **Delivering Stellar Customer Service | Course ID: SVL\_102822**

In this 7-minute video, learn how to be seamless, trustworthy, attentive, and resourceful when dealing with customers.

## Learn More!



*Scan the QR code with your device or smart phone to explore more of your employee benefits!*



### How to Scan a QR Code

1. Open the camera app.
2. Select the rear-facing camera in Photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)

### Accessing Your EAP Training Center

1. Go to [www.HigherEdEAP.com](http://www.HigherEdEAP.com) and click **Employee and Family login**.
2. If you've already created an account, log in with your User Name/Password.
3. If it's your first time, click **REGISTER** to create your User Name and Password. **You only need to register once.**
4. Click the 'Training Center' and then choose 'Comprehensive Training Library'.
5. In the **Search** bar at the top of the screen, type the course code or search for a topic.
6. Click the course icon, and click the 'Play' or 'Start' button to begin.

**To get a certificate:** View the course and take the quiz. Not all courses require a quiz, but if so, you must score at least **80%** for a certificate. To get your certificate, click on the ribbon icon below the right corner of the video. The certificate will download to your computer.

