The leaves are turning and the air is getting crisp and cool. It’s time to prepare for staying healthy during this seasonal change.

**Time Change**
When the clock falls back an hour, make adjustments in your schedule and self-care to keep your diabetes in control. Just like checking the batteries in your smoke detectors, make sure all your batteries are properly working – in your glucose meter and insulin pump if you wear one.

Keep your cell phone charged, and carry it with you when out for an evening stroll. Be sure you have added ICE after the names of people who should be contacted In Case of Emergency.

**Flu and Cold Season**
Do you know what flu season means when you have diabetes? Flu is a special risk for people with diabetes. Getting the flu can mean being sick longer, and even being hospitalized. In fact, during flu epidemics you are six times more likely to be hospitalized. People with diabetes who have the flu are more likely to develop pneumonia. If you have diabetes, having your annual flu shot can save your life!

Here’s what to do:
- Ask your doctor for a flu shot as soon as flu shots are available each fall.
- Get a pneumonia shot. If you aren’t sure whether you have had one, ask your doctor to check your records.
- If you did have a pneumonia shot before you were 65, ask whether you should have another one, usually 5–10 years after the first one.
- Stay healthy by eating well and staying active, so you can resist colds and flu.
- Avoid direct contact with people with the flu, who can spread the virus through coughing, sneezing or direct contact with an object exposed to their mouth or nose.

**Be Active**
Even though the days are getting shorter, your body still needs you to move! Plan for ways to be active at least 10 minutes at a time several times throughout the day. Mix it up: walk in the park, jog around the lake, ride your bike. Use a Pilates video, take a tai chi class through the community center or spend the morning walking through the zoo.
Spooks and Goblins
Plan for handling the temptation of Halloween candy that's bound to be everywhere this time of year: don't buy it; make it a rule to “just say no” to the candy brought into the office after the holiday. Choose non-candy treats for children coming to your door, such as stickers, small toys, or nickels, dimes or quarters.

Fall Gardens
In some parts of the county, fall is a great time to plant a garden for harvest before winter sets in. Whether from your own garden, the farmer's market or the local grocery, fall harvest brings many nutrient-rich foods to the table. Find new and different ways to prepare them so you enjoy choices such as squash, beets, cabbage and more. Try this delicious recipe for butternut squash – you’ll be glad you did!

Apple-Butternut Squash Soup
Serves 8

Ingredients:
- 2 Tbsp. margarine
- 1 medium onion, chopped
- 1/8 tsp. nutmeg
- 6 cups peeled, chopped butternut squash
- 2 medium Granny Smith apples, peeled, chopped
- 42 oz. low sodium chicken or vegetable broth
- 1/2 C. low fat honey nut cream cheese spread

Preparation:
1. Melt margarine in large saucepan on medium heat. Add onions; cook for 4 minutes or until crisp-tender, stirring occasionally.
2. Stir in nutmeg; cook 1 minute.
3. Add squash, apples and broth; stir. Bring to boil. Reduce heat to medium-low; cover. Simmer for 50 minutes, or until squash and apples are tender, stir occasionally.
4. Ladle soup into eight serving bowls just before serving.
5. Add 1 Tbsp. of the lowfat cream cheese spread to each bowl, stir gently to swirl.

Nutrition Information per serving:
- Calories 98
- Total Fat 3.3 g
- Saturated Fat .7 g
- Cholesterol 1 mg
- Carbohydrate 19 g
- Sugars 6.7 g
- Fiber 3 g
- Protein 3 g
- Sodium 393 mg

Medicare Part B patients: Call us and mention reference code EDO6500 to order your diabetes testing supplies.
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