

# THE WELLNESS BLUEPRINT

AUGUST 2025



1 in 3 

Americans over age 12 has pre-diabetes. 80% of them don't know they're at risk of developing diabetes.

## Hydration Myths Debunked

As the summer heat continues, many of us are doing our best to stay cool and hydrated. Hydration plays a vital role in how we feel and function, influencing everything from energy levels and metabolic health to digestion.

Even though water is essential for life, there still seems to be some confusion about what optimal hydration looks like. [Let's clear up a few common myths.](#)

## Inspiration Corner

Even though it's still summer, now is the perfect time to start planning for an important topic—National Diabetes Month. Each November, we observe this month to raise awareness about one of the most prevalent and preventable chronic disease. These sobering statistics underline an important point: diabetes touches so many lives; prevention education is imperative. [Click here to see the full infographic.](#)

## Looking Ahead to October & November

Fall is just around the corner! Looking for inspiration? Here is a selection of programs grouped by seasonal themes.

### COUNTDOWN TO OPEN ENROLLMENT SEASON

Take a proactive approach to health this Open Enrollment Season.

- *Seminar / Webinar / On-demand Video:* Prevention: The Key to Good Health
- *Cooking Class:* More Comfort Foods Made Healthy
- *On-site Health Fair Station:* Hand Massage
- *Virtual Health Fair Mainstage Session:* Know Your Numbers
- *Challenge:* 30-Day Optimal Health

### DIABETES PREVENTION & MANAGEMENT

Spread awareness during National Diabetes Month with emphasis on prevention.

- *Seminar / Webinar / On-demand Video:* Living with Diabetes, Diabetes & Your Diet
- *Cooking Class:* Diabetically Delicious
- *On-site Health Fair Station:* Know Your Numbers Trivia Game
- *Virtual Health Fair Mainstage Session:* Longevity Lifestyles
- *Challenge:* Healthy Holiday Eating