

KNOW YOUR NUMBERS Wellness Wednesday

Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management 

KNOW YOUR NUMBERS:

BLOOD SUGAR & DIABETES CARE

Level Up's [Know your Numbers](#) campaign has officially begun! A round of applause to everyone who has registered for a **free biometric screening**—you are on the path to good health!

For this week's Wellness Wednesday, we wanted to provide you with more information on **blood sugar**. It is one of the four (4) important numbers (blood sugar, blood pressure, blood cholesterol and body mass index) in knowing your risks and overall health status.

Blood sugar is an important part of diabetes care and there are three (3) main types of diabetes:

- **Type 1 diabetes** – Your body does not make insulin. You need insulin to take the sugar (glucose) from the foods you eat and turn it into energy for your body. You need to take insulin every day to live.
- **Type 2 diabetes** – Your body does not make or use insulin well. You may need to take pills or insulin to help control your diabetes. Type 2 is the most common type of diabetes.
- **Gestational diabetes** – Some women get this kind of diabetes when they are pregnant. Most of the time, it goes away after the baby is born. But even if it goes away, these women and their children have a greater chance of getting diabetes later in life.

Diabetes continues to be a dominant and chronic condition among County employees. Level Up is committed to managing this condition through our 2020 program and beyond. The Know Your Numbers campaign is the first step in addressing this challenge—because identifying your risk for diabetes is key. And if you have diabetes, managing your care can help you feel good today and every day.

**KNOW YOUR
NUMBERS**

Take control of your health. Register for your **FREE** screening and receive a **\$25 gift card***

Your health is important—and so is your time. Take a few minutes to get a snapshot of your current health status and you could receive a \$25 gift card.

Visit princegeorgescountymd.gov/levelup for details on the **Know Your Numbers** campaign and to register for your screening.

*The first 1,000 Prince George's County Government employees to register for and receive a screening during the Know Your Numbers campaign will receive a \$25 gift card.

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 245
Largo, MD 20774
LevelUp@co.pg.md.us


Angela D. Alsobrooks
County Executive