

November 2025 consumer organic social posts

CenterWell Senior Primary Care

Conviva Senior Primary Care



Humana

 CenterWell

November 3: CW Unexpected signs of diabetes



You may be familiar with the more well-known signs of diabetes, like extreme thirst or fatigue. But diabetes can show up in different ways for different people. Get to know the less common symptoms so you can get the care you need. Learn more at

www.healthline.com/health/diabetes/unusual-symptoms-of-diabetes.

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November 3: CON Unexpected signs of diabetes



Do you know the less common signs of diabetes?

[link] <https://www.healthline.com/health/diabetes/unusual-symptoms-of-diabetes>

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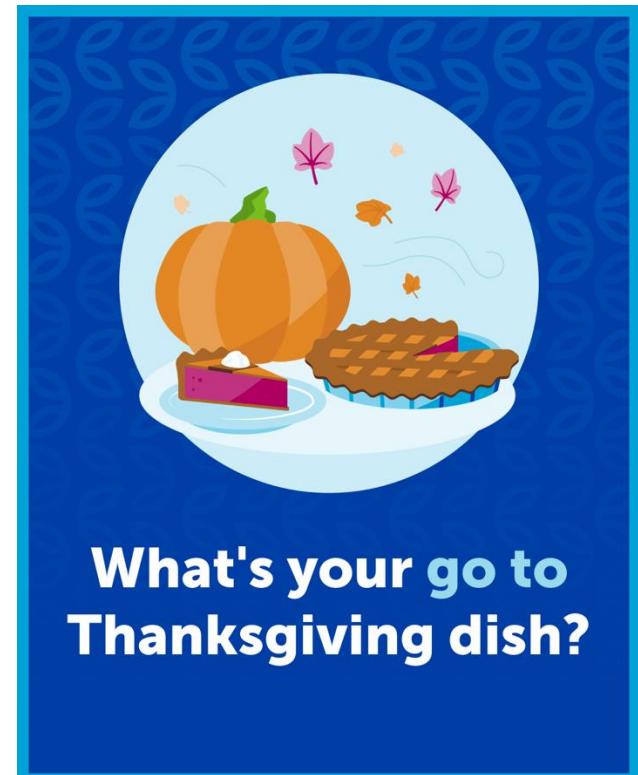


November 5: CW Lifestyle post

It's Thanksgiving and everyone understands their assignment. Uncle Bob's famous stuffing is a must-have and dinner's never complete without a slice of Aunt Susan's apple pie. And cousin Mary? Well she's always good for bringing the napkins. What are you bringing to the table this year? Let us know in the comments!

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November 13: CW Types of diabetes

Insulin is a hormone that helps the cells in your body absorb sugar. While both type 1 and type 2 diabetes involve insulin, there are subtle differences between them. With type 1, often called juvenile diabetes, the pancreas is unable to make enough insulin. More common is type 2, in which the body doesn't use insulin efficiently and needs help managing blood sugar levels. Learn more about the types of diabetes and treatment options at

CenterWellPrimaryCare.com/en/resources/type-1-vs-type-2-diabetes.

Source

1. Jodi Helmer, "How Age Relates to Type 2 Diabetes," WebMd, June 15, 2024, accessed Sept. 11, 2025, www.webmd.com/diabetes/diabetes-link-age.

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November 18: CW Healthy holiday eating



Healthy eating over the holidays doesn't mean skipping the traditional foods you love. Choosing smaller portions or swapping an ingredient here and there can help keep your blood sugar in check. And using the Diabetes Plate method, you can balance your dietary needs with your favorite dishes. After all, it's just not Thanksgiving without a taste of pumpkin pie. Get started with the Diabetes Plate method at www.diabetesfoodhub.org/blog/what-diabetes-plate.

[Eyebrow—across all frames]

Healthy holiday eating with diabetes

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Frame 1



Frame 2



Frame 3



Frame 4



Frame 5



November 18: CON Healthy holiday eating



- Enjoy your favorite foods in balance
- $\frac{1}{2}$ plate non-starchy vegetables
- $\frac{1}{4}$ plate lean protein
- $\frac{1}{4}$ plate carbohydrates
- Choose water or a low-calorie drink

[link]: <https://www.convivacarecenters.com/en/resources/healthy-holiday-senior-recipes>

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Run time: 3 - 60 seconds





November 21: CW provider video

Myth: People with diabetes cannot eat fruit.

Fact: Fruit is a great way to satisfy your sweet tooth and keep your numbers in range.

If you have diabetes, fresh fruit can be a healthy addition to your daily menu. Focus on fruits lower on the glycemic index such as:

- Apples
- Berries
- Grapefruits and oranges

With any fruit, pay attention to portion size and consider combining with a high-protein food to balance the sugar. What's your favorite diabetic-friendly fruit? Tell us in the comments.

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November 25: CW diabetes myths

Between old wives' tales and social media diet trends, it can be hard to tell fact from fiction when it comes to diabetes. Bust the myths and get the straight truth at www.diabetes.org/about-diabetes/diabetes-myths.

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Frame 1



Frame 2



Frame 3



Frame 4



Frame 5



November 25: CON diabetes myths



Do you know diabetes myth from fact?

[link] <https://diabetes.org/about-diabetes/diabetes-myths>

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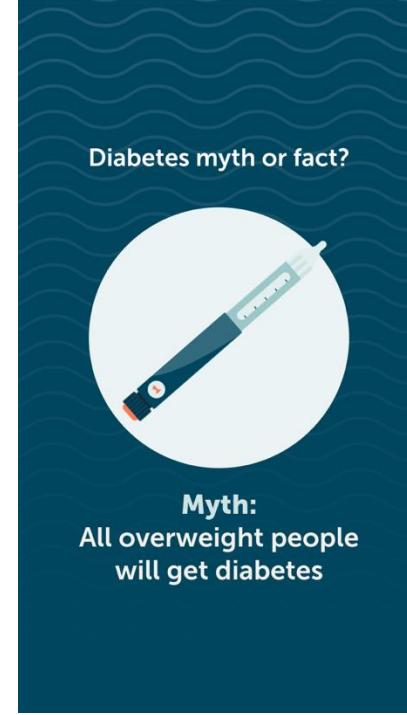
Frame 2



Frame 3



Frame 4







November 12: CW National Family Caregivers Month

Thank you to the home caregivers who give so much of themselves to make a difference in the lives of their loved ones. Whether you're a family member or friend, it's a role that can be both rewarding and challenging. Read our article for tips on taking good care of yourself as you manage the ins-and-outs of being a caregiver: CenterWellPrimaryCare.com/en/resources/self-care-for-caregivers. #NationalFamilyCaregiversMonth

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November 12: CON National Family Caregivers Month

Thank you to the home caregivers who give so much of themselves to make a difference in the lives of their loved ones. Whether you're a family member or friend, it's a role that can be both rewarding and challenging.

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Read our article for tips on taking good care of yourself as you manage the ins-and-outs of being a caregiver: ConvidaCareCenters.com/en/resources/tips-for-new-caregivers.

#NationalFamilyCaregiversMonth

[IG CTA]

Read our article for tips on taking good care of yourself as you manage the ins-and-outs of being a caregiver. Find it at the link in our bio. #NationalFamilyCaregiversMonth

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November 20: CW Benefits of volunteering

Giving back helps lift up your community—one hot meal or one donated toy at a time. But helping others is good for you, too. Volunteering provides a sense of purpose, helps you stay active, reduces stress, and is a great way to make new friends and strengthen existing relationships. Learn more benefits of volunteering at www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/3-health-benefits-of-volunteering.

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