

IN THE LOOP

Your guide
to wellness
& cost savings

BSI
CORPORATE BENEFITS

November 5, 2025

Please forward this communication to your employees/associates!

Diabetes in Focus: Awareness, Action, and Prevention This National Diabetes Month

Every November, as the leaves turn and the year winds down, we pause to recognize National Diabetes Month, a time to shine a spotlight on one of the most prevalent and misunderstood health conditions in the United States and globally.

Diabetes affects more than 38 million Americans, with millions more living with prediabetes, often without even knowing it. The numbers are staggering, but so is the potential for prevention, early diagnosis, and in some cases, even reversal.

Click [HERE](#) to read more.

Thanksgiving, Gratitude, and the Power of Perspective: Finding Meaning in a Season of Change

Thanksgiving is often portrayed as a picture-perfect gathering: a big table, a smiling family, generations passing recipes down like precious heirlooms. But the truth? Not everyone experiences the holidays this way.

For many, Thanksgiving is complex. Maybe family relationships are strained or nonexistent. Maybe traditions have changed, loved ones are missing, or the usual celebrations feel out of reach. And while the world seems to hit "pause" for gratitude and connection, some are quietly navigating loneliness, grief, or transition.

This is why gratitude and perspective are more than feel-good words; they're essential tools for emotional resilience and personal well-being, especially during the holidays.

Click [HERE](#) to read more.

Customer Service Offered Exclusively To You

Need Help With Your Benefits? BSI's In-House Customer Service Team Is Here for You

Enrolled employees and their covered family members have access to BSI's dedicated Customer Service Department, designed like a concierge program to provide personalized, expert support.

Skip the 1-800 numbers: for fast, tailored help, call BSI directly at 1-484-821-1300, option #3.

We can help with:

- **Healthcare Navigation:** Billing questions, ID cards, and enrollment assistance
- **Provider Assistance:** Finding in-network doctors and specialists
- **Benefit Review:** Clarifying EOBs and resolving billing discrepancies
- **Plan Education:** Explaining your benefits and coverage in plain language

[Unsubscribe](#) from email communications

BSI Corporate Benefits | www.bsicorporate.com | (484) 821-1300
205 Webster Street, Bethlehem, PA 18015