Did You Know?

(NAPS)—You're more likely to develop type 2 diabetes if you have overweight or obesity, are age 35 or older or have a family history of the condition. Learn about preventing or delaying diabetes and its health problems at the NIDDK website: www.niddk.nih.gov and on social media @NIDDKgov.

Accepted at select powersports dealerships around the country, the Synchrony Outdoors credit card makes it fast and easy to get powersports vehicles, accessories, gear, parts, fuel, services, and repairs you need. Learn more at www.synchrony.com/outdoors and www.synchrony.com/marketplace/powersports.

A group of experts and innovators created the DeyeNAMICS Alliance to raise awareness of neuro-optometry, which can help preserve or even restore sight in many people with serious conditions that cause vision loss. Learn more at deyenamics.com.

At holiday time or any time, you can kick your old, backbreaking cleaning routine with a true do-it-all product great for any surface. Pinalen 2X, available on Amazon, is a great option thanks to its combination of grime-fighting power and affordable price. Learn more at www.alenusabrands.com.

The American Red Cross Military and Veteran Caregiver Network is a secure, online community that's both a resource directory and peer support network to military-affiliated caregivers. Using evidence-based peer-support programs, caregivers connect, share knowledge, learn new skills, and gain hope. More at redcross.org/caregivers.

Most health insurance plans cover flu and COVID-19 vaccinations and perhaps other preventive vaccines at no cost. Getting the vaccines can be easy, too. One way is to visit CVS.com



or the CVS Pharmacy app to schedule an immunization appointment at CVS Pharmacy or MinuteClinic.

NADCA member companies use specialized equipment to thoroughly and safely clean your home's ducts, ensuring contaminants are properly contained and removed and your family can breathe clean indoor air. Visit NADCA.com to learn more and find qualified professionals nearby.

Through the Inflation Reduction Act, Home Energy Rebates offer thousands of dollars to low- and moderate-income households. Eligible upgrades include heat pump HVAC, heat pump water heaters, home envelope, electrical systems, and select appliances. For more information, visit energystar.gov/homesavings.

Everyone deserves a place to call home, to live in safety, and the opportunity to work for a better life. Yet, this is too often not the case for LGBTQ+ people. For further facts, real stories, and to create a more accepting world, visit LoveHasNoLabels.com/American-Dreams.

An easy-to-use app helps millions of people understand their health by tracking activity levels, sleep, exercise, heart rate, stress, and even diet. Called Samsung Health, it also offers challenges, tips, and coaching to help users set and meet their health goals. Learn more at https://www.samsung.com/us/support/owners/app/samsung-health.