

DESTINATION WELLNESS NEWS

VOLUME 1, ISSUE 1 2017

WE'RE DELIGHTED TO PROVIDE A RECAP OF TOPICS COVERED IN JUNE AND INFORM YOU OF THIS MONTH'S HAPPENINGS

MEN'S HEALTH - A PRIORITY

During June, we drew attention to preventable health problems men face and encouraged action – behavior changes, early detection and screening, and treatment. We also reminded ladies that the men in our lives play many roles. They are fathers,

husbands,
brothers,
neighbors,
coworkers,
teammates,
coaches,
mentors, and

the list goes on and on. They often take responsibilities within each of these roles very seriously. As such, women were reminded to encourage the men in their lives to take their own health seriously – and make it a priority.

Easy Action Steps...

Get Good Sleep...
Toss the Tobacco...
Move More...
Eat Healthy...
Tame Stress...
Stay on Top...

Guys - Real men DO get checkups. Preventing disease and detecting health issues early, if they occur, are important to living a healthy life. Schedule a preventive care visit with your doctor, who will consider personal risk factors, such as age,

KNOW THE FACTS

THE AVERAGE EMERGENCY ROOM VISIT COSTS \$1,327
THE AVERAGE CONVENIENCE CLINIC VISIT COSTS \$58

family medical history, general health and lifestyle, to advise the appropriate preventive health screenings. Talk to

your doctor about any specific health questions and concerns. Use these guidelines, along with your doctor's suggestions, to maintain or improve your health. Get vaccinated to stay healthy.

What Are They?

7 – 9 hours a day
Make a quit plan
Exercise 2.5 hours a week
Limit sugar, salt, and fat
Balance work and life
Schedule preventive care

CHECK.CHOOSE.GO.

When unexpected illness or injury occurs, heading straight to the Emergency Room (ER) might not always be your best option. Of course, it depends on specific circumstances. However, by choosing an alternative, you could save yourself the long ER waits and expensive costs. Start by calling your primary care doctor. They may have a same-day appointment available or be able to see you the next morning. If your doctor isn't available, you could receive professional care for much less money (as compared to the ER) at an urgent care facility, convenience care clinic, or a Virtual Visit. Knowing all your options can help you save time, money, and frustration. (Virtual Visits are for UHC-medical covered US associates only)

MEN'S HEALTH (CONT.)

1-2-3 Stay Trim Strategies

1. Go for cross-training

You need both heart-pumping aerobic exercise and strength-building exercise. A balanced routine can help offset your metabolism slowdown. And you don't even need a gym!

Brisk walking, for example, is a good aerobic workout. For strength exercise, you can get the job done, at least twice a week, by doing calisthenics, lifting weights, and/or using resistance bands.

2. Stock up on good stuff

It's easier to eat healthier when you have nutritious choices close at hand.

Some choices include fresh fruits and veggies, whole grain rice, low-fat or fat-free dairy, cuts of lean meats, fish, beans, and eggs.

A bonus: Produce, whole grains, and beans give you fiber, which can help you feel fuller longer and eat less.

3. Master portion control

Eating sensible servings can help you cut calories. For instance:

Learn to estimate serving sizes. For example, for pasta, that's roughly a tennis ball. For meat, picture a deck of cards.

Dish up small snacks rather than eating right from the package. Use smaller plates and bowls.

Stay hydrated with water — and enjoy higher-calorie beverages only in moderation.

This Month's Happenings

We're focused on Ultraviolet (UV) Safety. Enjoy the warm weather and prevent UV damage.

Go for the shade: Avoid or limit sun exposure when the sun's UV rays are most intense - 10 a.m. to 4 p.m.

Wear protective clothing: Long sleeve shirts and pants are ideal. Linens and thin cottons are probably the most comfortable fabrics during the warm months—as well as a broad-brimmed hat that shades the face, ears, and neck. Apply a broad-spectrum sunscreen: Generously applying water-resistant sunscreen with a Sun Protection Factor (SPF) value of at least 15 or higher to shield against sun-related skin problems. The

"broad spectrum" variety protects against ultraviolet A (UVA) and ultraviolet B (UVB) rays. Sport those cool sunglasses: Effective sunglasses should block glare and 99 to 100% of UV rays, and have a wraparound shape to protect the eyes from all angles.

Next, our focus will be on National Park and Recreation Month. We'll share terrific ways to safely enjoy the great outdoors while reaping the health benefits. We'll also let you know what parks and recreational areas are near your vicinity.

DON'T FORGET...Take advantage of the many preventive health and wellness resources that Agero offers through Destination Wellness education and onsite initiatives, Rally, Real Appeal, UnitedHealthcare, Work/Life Balance EAP, and more. Summary program information and education can be found on the AgeroConnect Intranet (Human Resources/Destination Wellness) and in the DirectAccess Portal (Home Page – US associates).

Note: UHC, Real Appeal, and Unum's EAP are available for US associates only.