

DESTINATION WELLNESS NEWS

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

ULTRAVIOLET (UV SAFETY) MONTH

During July, we shed light on the risks of UV rays and spread the message of sun safety. While taking in some sunlight is important because it's our primary source for vitamin D – which helps us absorb calcium for stronger, healthier bones –

moderation is the key. Too much sun exposure can lead to harmful skin reactions such as sunburn, skin texture changes, premature aging, and

skin cancer. Get out and enjoy the summer days, but be sure to protect yourself and your family.

Exercising in the Heat

- Q. Can I exercise any time?
- Q. How do I stay hydrated?
- Q. Should I take breaks?

Ways to Prevent UV Damage.

Go for the shade. Avoid or limit sun exposure when the rays are most intense between the hours of 10:00 a.m. – 4:00 p.m. Wearing long sleeve shirts and pants are ideal. Linens and thin cottons are great choices and comfortable

KNOW THE FACTS

SUNBURNS ARE HIGHLY PREVENTABLE. YET THEY ARE STILL RESPONSIBLE FOR THOUSANDS OF EXPENSIVE EMERGENCY ROOM VISITS EACH YEAR. BY PROTECTING YOURSELF BEFORE AND DURING TIME IN THE SUN, YOU'LL AVOID UNNECESSARY PAIN, WASTED HOURS, AND OUT-OF-POCKET MEDICAL EXPENSES.

fabrics. Sport a broad-brimmed hat that shades your face, ears, and neck. Apply a sunscreen with a Sun Protection Factor (SPF) value of at least 15 or higher. Block the sun's glare and 99 to 100% of UV rays with a pair of

effective sunglasses that have a wraparound shape to protect the eyes from all angles.

Staying Cool Tips

- A. Morning or evening is best
- A. Have 2 glasses of H2O hourly
- A. Yes. Early and often.

MELANOMA 101

Know your Melanoma

ABCDEs. Pay attention to your skin. If you spot any of the ABCDEs, consult with your doctor.

Check for:

- A: Asymmetry
- B: Border irregularity
- C: Color changes
- D: Diameter larger than a pencil eraser
- E: Evolving appearance

It's recommended to routinely check your skin for any changes. Birthmarks, new moles, and marks should be consistently examined for any alterations in size, shape, and color or if they look and feel differently from other moles and marks on your body. This includes new red or darker-colored, flaky patches that may be a little raised, a new flesh-colored firm bump, or sore that doesn't heal.

PARK AND RECREATION MONTH (JULY CONT.)

Get Your Play On

Another topic we covered in July was Park and Recreation Month.

We celebrated the POWER OF PLAY. In other words, safely enjoying the great outdoors and reaping the health benefits of being active! Local parks and recreation facilities are free and accessible for all people to play. Parks make fitness fun through the use of outdoor exercise equipment, enjoyable classes, nature walks, sports leagues, and so much more. Find places to Get Your Play On in your area by visiting the Recreation and Park Association website at:

www.nrpa.org

Parks and recreation are a true health solution.

Local park and recreation agencies provide wellness opportunities for all populations in communities. People who use parks and open spaces are 3 times more likely to achieve the recommended level of physical activity than that of nonusers. 73% of adults believe parks, trails, and open space are an essential part of the health system. Children in summer camps at park and recreation areas report a 20% increase in fruit and vegetable knowledge. Older adults engage in over 3.5 times more physical activity in parks with walking loops.

Play is important and a vital part of our overall well-being.

This includes physical health and social connectivity. An obvious benefit of play is that it increases physical activity and mental agility. It's good for your body and mind! Communities are also creating edible gardening in local parks. Edible gardens produce lots of nutritious veggies and fruits (that can help us save money on fresh produce when we grow it ourselves!), serve as gathering points that bring people together, offer the opportunity for hands-on lessons on the origins of foods, provide a great way to de-stress, get in touch with nature, and practice healthy living.

This Month's Happenings

We're focused on National Immunization Month and the Importance of Preventive Care. August is the perfect time to plan your annual wellness exam. Schedule this in like you would any other meeting. No matter how busy your life is, your health must be a priority. In order to truly commit to living healthy, you need to find your WHY. Once you're clear on the reasons, it increases your chances of making a conscious decision to take regular action steps toward maintaining a healthy lifestyle. Having annual checkups is a great way to monitor your health. Even if you're in the best shape of your life, a serious condition with no signs or symptoms may put your well-being at risk. Routine checkups and screenings can help you avoid serious health problems or diagnose them in their early stages, allowing you and your doctor to work as a team to manage your overall health. Also knowing what benefits your insurance covers is vital. Knowledge is power!

Next, our focus will be on Rally and Real Appeal, our wellness resources. These tools have been helping participating Agero associates! We'll also provide some excellent tips for setting realistic budgeting goals.

DON'T FORGET...Take advantage of the many preventive health and wellness resources that Agero offers through Destination Wellness education and onsite initiatives. Benefit summary information 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.*

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