



June

Member Newsletter



Sidestep Vacation Missteps

Taking a vacation can give you a fresh perspective and is one of the best things you can do to reset and support your well-being. Here are some tips to help you avoid mishaps that could ruin your much-deserved R&R!

See your doctor a month prior to your trip. Get any destination-specific vaccines and medication refills.

Learn about travel safety and health alerts in your travel destination. This can include being aware of any upswings in COVID cases.

Pack prepared! Stow your medications (enough for the whole trip, plus some extra) in your carry-on. Plan to keep your emergency contacts, doctor's phone number, ID, insurance card, and passport with you at all times. Give someone back home your itinerary, contact information, and photocopies of your ID, passport and credit cards in case you lose them.

Bring a first aid kit. Include: antibacterial wipes, bug repellent, sunscreen, bandages, anti-diarrhea and motion sickness medications, antihistamines, antiseptics and more. wwwnc.cdc.gov/travel/page/pack-smart

Protect against germs. Wash your hands frequently with soap and water. Or, use a hand sanitizer that contains at least 60 percent alcohol. In developing countries, drink only bottled or purified water to avoid organisms that can cause stomach problems like diarrhea. Eat only food that is fully cooked, and avoid unwashed or unpeeled raw fruits and vegetables.

Drink water (from safe sources) frequently. Dehydration can happen quickly during flying, in hot or arid climates, or with intense exertion. This can raise your body temperature, leaving you prone to heatstroke and can dry out your nasal passages, leaving you vulnerable to airborne viruses.

Limit or avoid alcohol. Especially if you're driving, biking, swimming, or operating a boat!

Use proper safety equipment. Wear a bike helmet, use seat belts in taxis, wear reflective clothing when walking at night, and don a lifejacket when participating in water sports.

Pay attention to what you're doing! Talking, texting or taking photos on your phone while you're walking can prompt a disaster like stepping into traffic, slipping beside the pool, or tripping off a trail. Plus, appearing distracted could put you at bigger risk of being the victim of a crime like pickpocketing.

Heed safety signs. Don't swim in rough or foul waters (or when lifeguards are off duty). Stay on trails and within guardrails. In addition, always stay attuned to extreme weather alerts in the vicinity.

Check out the CDC's complete list of safety tips
wwwnc.cdc.gov/travel/page/health-during-trip
wwwnc.cdc.gov/travel/page/survival-guide



Making simple lifestyle changes such as those described below can help you live a healthier life.

Attention, Men: Improve Your Focus on Health

The majority of men could benefit by paying more attention to their health and wellness. As such, Men's Health Month, celebrated in June, encourages men and boys to be proactive about preventive care, take steps to live healthier lives, seek medical care when needed, and protect themselves from disease and injury. Try the following suggestions:

- **Find a primary care doctor.** A primary care doctor helps to assess your overall health, monitor conditions you may have, and ensure you're up-to-date on screenings.
- **Pay attention to signs and symptoms, and don't delay care.** Delaying care can make health issues more difficult to treat.
- **Stay on top of mental health.** It's important to talk to someone or seek help if you're stressed, anxious or feeling depressed.
- **Exercise regularly.** Strive for both resistance training (at least 2 days per week) and cardio activities (at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity per week).
- **Eat balanced meals.** Eat a variety of fruits and vegetables every day. Try to avoid food and drinks high in calories, sugar, fat and alcohol. Choose healthy snacks.
- **Try to get 7 to 9 hours of quality sleep each night.** Not getting the recommended amount of sleep can set you up for physical and mental problems.
- **Remember, your eyes and teeth are important to health, too.** Visit your dentist at least twice a year and get annual eye exams.
- **Limit alcohol and quit tobacco**—doing so can greatly improve your health and reduce your risk for many preventable diseases.



Get help on the go with the Health Advocate app!

- **Learn** more about your Health Advocate services
- **Access** trustworthy health information and helpful tips
- **Connect** with a Health Advocate expert

To **download our app**, scan the QR code to the left or visit the app store on your mobile device and search "Health Advocate."

This summer, make sure you have your first aid kit ready



June is National Safety Month. An important component of safety is being prepared. Summertime often means more time spent outside, which brings potential safety risks including injuries, cuts and scrapes, sunburn and bug bites, among others. Being prepared with a proper first aid kit can help you relax and enjoy your summer, knowing you are ready for anything!

Pack first aid essentials, including several different sizes of bandages, rubbing alcohol prep pads, gauze pads, medical tape, antiseptic wipes, wound ointment, non-latex gloves, and on-the-go cold packs.

Add summer-time essentials such as bug spray, anti-itch cream, suntan lotion, aloe gel, tweezers, antihistamines and eye drops.

Keep all your first aid kit materials in one container, like a duffel bag that zips closed, and make sure to keep it out of direct sunlight.

Include your family's vital health information and supplies:

- Contact information for all your doctors, including pediatricians, allergists, dentists, and other specialists
- Phone numbers for your local emergency service providers and a phone number to reach Poison Control
- A written list of all prescription medications you and your family members currently take; also note on this list which medications, if any, you or your family members are allergic to
- Any prescribed or over-the-counter medications your family regularly takes, including epinephrine/Epi-Pens, antacids, pain relievers, etc.

Make sure everyone in your family knows where and how to access the first aid kit in case of an emergency.



Keep your kit handy at home or when traveling so you and your family can safely enjoy the fun all summer long!

For more help, talk to Health Advocate, your health practitioner or a qualified counselor.

The Facts About PTSD

Visit [HealthAdvocate.com/members](https://www.healthadvocate.com/members) to log onto your member website and access the EAP+Work/Life homepage. **Click on Webinar.**

National Safety Month

Keeping safe and healthy, including while you're at work, goes beyond just knowing how to avoid injury such as using equipment properly or maintaining good posture. It also includes helping to build a psychologically safe work environment where everyone feels respected and has a sense of belonging. This involves using proper communication skills, especially when differing opinions arise. Here are some important tips to follow:

blog.healthadvocate.com/2022/06/getting-along-with-others-at-work/