

CHAMPION YOUR HEALTH THIS SUMMER

Find tips, tools and resources that can help you go for gold when it comes to your well-being.



Inside this issue:

Healthy summer tips	2
Watermelon-strawberry smoothie recipe.....	3
Stay active with your favorite Olympic activities	4
Learn how to earn up to \$350.....	5
Coming Soon! The Wellness From Within Challenge.....	6
Stay active on the go with our app	6

MEDAL-WORTHY WELL-BEING



With sunny days ahead and the summer Olympics coming up soon, let the outdoor adventures begin! Whether you're at a backyard barbecue, planning a beach day or staying home to watch the games, ensuring safety is important.

Feast fearlessly

Whether you're planning a barbecue or enjoying a picnic, taking a few moments to incorporate safe food handling practices can ease your mind and ensure safety for you and your loved ones.

- **Keep clean hands** – Wash your hands for at least 20 seconds before handling any food.
- **A place for everything** – Foods like raw meat should always be separate from your other items, starting from the grocery cart to the food prep station.
- **Check temps** – Rely on a food thermometer to ensure a safe internal temperature and refrigerate your food promptly, even if it has been cooked.

Drink to good health

Your body depends on water to function properly. With warm weather and longer days, keeping yourself hydrated is crucial.

- **Hydrate often** – Aim to drink 8 oz of water upon waking up and before going to sleep. Try to maintain a healthy balance of water intake throughout the day.
- **Eat your water** – About 20 percent of your fluid intake comes from food. Be sure to eat hydrating food such as cucumbers, watermelon and grapefruit.

Splash into summer safety

While enjoying all the exciting activities summer has to offer, prioritizing safety can help you step into your adventures with ease and confidence.

- **Stay safe in water** – Be aware of all potential hazards and supervise children closely. Swim lessons are available for all ages!
- **Keep bugs at bay** – Guard against pesky mosquitos and ticks with repellent. If you're going to be outdoors for a long time, wear long sleeves and pants.
- **Be fire smart** – Build fires in a safe area away from potential flammable materials. Make sure everyone, including pets, stays away from the fire. Always extinguish the fire completely when finished.

Block sun, not fun

With sunny days ahead, it can help to incorporate some simple sun-safety practices into your outdoor routine.

- **Lotion up** – Use SPF 30 or higher.
- **Reapply regularly** – Remember to reapply sunscreen every two hours, especially after swimming or sweating, as it tends to wear off.
- **Cover up** – Wear sunglasses and protective clothing like broad-brim hats that cover your ears and neck.

SERVE UP SUMMER FLAVOR: STRAWBERRY-WATERMELON SMOOTHIE

Few things taste more like summer than a crisp slice of watermelon or a ripe and juicy red strawberry! This smoothie combines those fresh summer flavors to create a healthy and refreshing drink that can be enjoyed all season long.

Ingredients

- Two cups of cubed seedless watermelon
- Two cups fresh or frozen strawberries (*if using fresh, hull them first*)
- 3/4 cup yogurt
- 1/2 cup cold water

Instructions

1. Put the watermelon cubes in a single layer on a plate and freeze until solid, about two hours.
2. Put the frozen watermelon in the blender, then add the strawberries, yogurt, and cold water.
3. Put the top on tightly. Turn on the blender to medium speed and blend until the mixture is smooth, 30 to 60 seconds.
4. Pour the smoothie into glasses and serve right away, or cover and refrigerate for up to four hours.

Note: If you don't have time to wait for your melon to freeze, swap in 1/2 cup ice cubes for the cold water.





MEDAL-WORTHY WELL-BEING

The anticipation for the summer Olympics is in the air! Do you get excited to see the gymnasts defy gravity? Are you eager to watch the swimmers set records? Or maybe you're looking forward to watching the cyclists tear up the tracks. Whether your favorite event is swimming or beach volleyball, after you watch the Olympics, get outside and reach your own personal peak performance.



Beach volleyball – Serve up some fun and improve your well-being! Volleyball is an accessible activity and a great form of cardio. Don't live near the beach? Backyard volleyball is just as beneficial.

Swimming – You don't need to beat Phelps's record for the 400M freestyle relay to enjoy this low-impact activity. Simply swimming laps at your own pace in a pool or lake can help you stay fit.

Sport climbing – Get your grip on some rocks for an exciting and healthy summer activity! If you're not ready for your local crag, check out indoor climbing gyms near you.

Rowing – This fun sport is low-impact, high-cardio and great for people of all abilities. Don't have access to a boat? There are rowing machines in most gyms that help you practice your rowing and provide the same benefits.

GO FOR GOLD AND EARN UP TO \$350!



Working on well-being pays off with [REDACTED]. When benefit-eligible employees take steps to live a more balanced lifestyle, they can earn up to \$350 in 2024. If they have a spouse enrolled in a [REDACTED] Medical Plan, they can earn an additional \$100 when their spouse completes the Health Assessment (*for a total of \$450*).

There's something for everyone!

Below are some activities that earn rewards. Visit [REDACTED] to view the detailed list of activities.

ACTIVITY	POINTS
Complete the Health Assessment	\$100 <i>(Employees will each earn an additional \$100 if their [REDACTED] medically enrolled spouse completes the health assessment too)</i>
Work with a WebMD Health Coach	\$25 for first call \$50 for second call \$75 for third call
Focus on Preventive Care <i>(Dental cleaning, annual physical, flu shot, vision exam, mammogram, colonoscopy)</i>	\$10 each
Well-being Challenges — 3 per year	\$50 per challenge <i>Dates vary per challenge</i>

Employees who earn rewards will receive a taxed payment in July for activities completed through June 30, 2024, and in December for activities completed from July 1, 2024, through November 15, 2024. Employees must be employed on the date the payment is issued to receive it.

Learn more and start earning dollars at [REDACTED]. Questions? Contact your designated well-being team at [REDACTED] or WebMD customer service at [REDACTED].

FEEL YOUR BEST ALL YEAR LONG



Bring balance to your well-being during the Wellness From Within Challenge from Sept. 25 – Nov. 5. If you participate, you can also earn \$50 toward your [REDACTED] rewards.

Feel good from the inside out

A little reflection can make a big difference. Looking within and thinking mindfully can help you feel happier, sleep better, lower your blood pressure, and more. During the challenge, live more mindfully by working on a different part of your emotional well-being each week, including:

Week 1: Awareness – Take a tech break and focus on your goals, values, and how to live a fulfilling life.

Week 2: Expression – Discover new ways to express your creativity, whether through cooking, poetry, painting, or something else.

Week 3: Regulation – Try meditative breathing techniques to help you feel calm and in control of your emotions.

Week 4: Relaxation – Make it a priority to rest, relax and unwind in the ways that work best for you.

Week 5: Connectedness – Reach out and reconnect with a friend, family member, or someone else you care about.

Week 6: Reflection – Look back on the challenge and reflect on your strengths and areas for improvement.

Stay active on the go

Download our app, Wellness At Your Side, to track your activity during the challenge and work toward better well-being, no matter where life takes you. Get started in two steps:

1. Visit the Apple Store or Google Play and search for “Wellness At Your Side.”
2. Download the app and enter your connection code: [REDACTED]

