HealthAdvocate@yourservice

Healthy Habits

Tips and resources for living well



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Make Your Summer Safer

Let Us Help!

Don't let your summertime fun get interrupted by health problems! In this issue, you will learn how to protect your skin from the sun, stay well-hydrated, reduce your risk of injury or illness while exercising outdoors, and more. And remember, our expert Wellness Coaches are here to help you with a wide range of issues, from nutrition and fitness to weight management and stress reduction, and more.



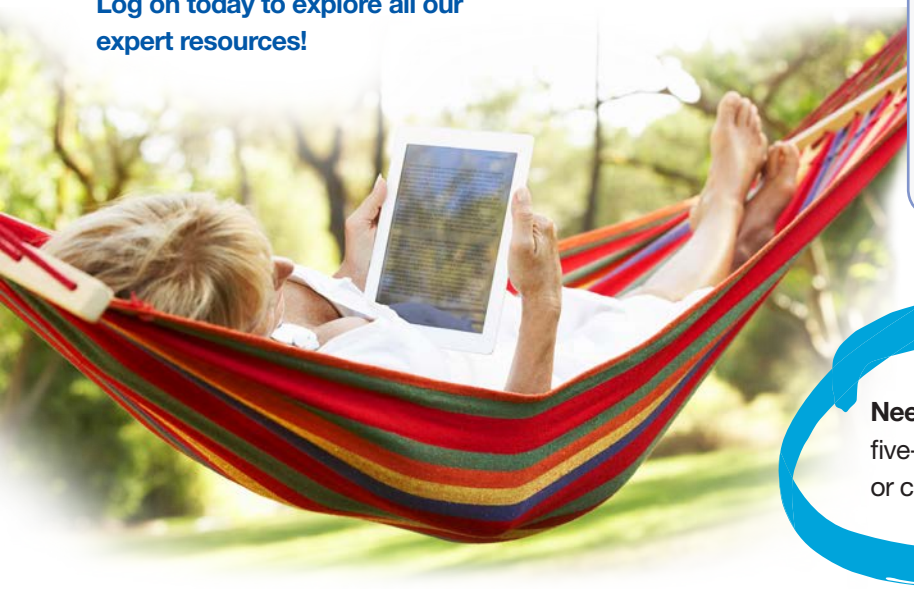
Call us today to get started!

Website Spotlight:
Wellness Tutorial: De-Stress

Is your hectic summer schedule stressing you out? Visit your Wellness website to take the De-Stress tutorial, which can give you some great tips to help you reduce your stress level.

Remember, your Health Advocate Wellness website features a variety of resources to help you improve your health and well-being.

Log on today to explore all our expert resources!



Need quick stress relief? Go for a five-minute walk, try deep breathing, or chat with a friend.

Improve your health today!

Sign up for Wellness Coaching

Do you want to get healthy? Maybe you want to lose weight, eat better, or quit tobacco? Just call to speak to a Wellness Coach. Then, by phone, email or secure web message your Coach will help you reach your health goals—and stay with you every step of the way!

We'll help you:

- Set goals and create action steps
- Stay on track with motivation
- Use tips and helpful resources like healthy recipes and workout routines to meet your goals

Go online for added support!

Your confidential Wellness Website is packed with fun, interactive tools:

- Take your Personal Health Profile
- Sign up for a Wellness Workshop or tutorial
- Track healthy activities
- Sign up for seasonal Wellness Campaigns to keep you focused

Sign up for Wellness Coaching today!

800.433.2320
www.my-cpw.com

Need expert help?

Contact your Wellness Coach!



If you are looking to have a safe and fun summer, you may have questions and not know where to turn. Luckily, your Wellness Coach can help with a variety of health- and wellness-related concerns. Call your Coach for answers to questions like:

- How can I minimize my risk of injury as I train for a race?
- What are some safety tips my family can use at the beach or pool?
- Do you have any tips for sticking with my diet at parties and cookouts?
- Can you provide any healthy dessert recipes that include fruit?

These are just a few of the questions Health Advocate can help answer.

Call your Wellness Coach to find help and solutions for these concerns, and more!

Stay properly hydrated

One of the most important ways you can stay cool and healthy this summer is by being properly hydrated. If you're exercising in the heat and not drinking enough water, you could be at risk of heat exhaustion or even heat stroke.

Try these strategies to help keep yourself well-hydrated:

- Choose water over other beverages. It's calorie-free, and your body craves it!
- Add herbs like mint for additional flavor.
- Avoid alcohol and caffeine—if consumed in excess, they can cause dehydration.
- Drink water, instead of sugar-sweetened beverages, with meals.
- Drink water before, during, and after exercise.



For more help staying hydrated, contact your Wellness Coach!

Log your exercise!

Track progress on your Wellness website

Regular exercise is vital for good health. Most adults need 150 minutes of moderate-intensity aerobic exercise and two days of muscle-strengthening activities each week. Logging your exercise can help you notice areas for improvement and be proud of your progress. We make it easy to track your exercise—you can log it right on your Wellness website!

Your Wellness website features a variety of easy-to-use health trackers to help you stay on top of your wellness goals. In addition to tracking your exercise, you can also track your sleep, weight, and more.

Log on to your member website to get started!

Shield your skin this summer

Your skin is your body's largest organ and its first line of defense. Protecting your skin from sun damage helps to prevent breaks and blisters that could get infected, reduce your chances of developing skin cancer, and slow the signs of premature aging. Stay safe in the sun by following these tips:

- **Choose sunscreen wisely.** The American Cancer Society recommends using sunscreen with a minimum of SPF 30, labeled as "broad spectrum protection" to filter both UVA and UVB rays.
- **Wear sunscreen often.** And be sure to apply it generously!
- **Want to keep using last season's sunscreen?** Check its expiration date. Sunscreen expires after 2-3 years and loses its effectiveness over time.
- **Wear a hat.** Hats can provide added protection for your scalp, forehead, nose, eyes and ears.
- **Purchase sunglasses that protect against UV rays.** Sunglasses that offer UV protection will have labels stating so. If you don't see this label, they will not protect your eyes or the sensitive skin around them.



For more ways to have a healthy summer, contact your Wellness Coach!

Discover your risk for disease
Take your Personal Health Profile

Knowing your health needs and risks is critical to long-term health and wellness. A Personal Health Profile (also known as a Health Risk Assessment) is a simple survey that gives you a snapshot of your current health status and risk for certain diseases and conditions.



If you haven't already done so, log in anytime, 24/7, and answer the survey questions—it'll only take 15-20 minutes. You'll instantly receive a customized report outlining your health status and specific steps you can take to improve your health.

Complete your Personal Health Profile today!

HealthAdvocate™
Always at your side

Reminder! Your Health Advocate Wellness Coach is available via telephone, email or secure web message to help you reach your health goals.



☑ Wellness Coaching

Your personal Wellness Coach can help you lose weight, eat better or reach other health goals.

☑ Your Member Website

Visit your Health Advocate member website for information, tools, tips and more!

24/7 Support **800.433.2320**
www.my-cpw.com

Who is eligible?

The Health Advocate Wellness Coaching program is available to eligible employees, their spouses and dependent children, age 18 and older.

You asked, we answered

How can I stay safe while exercising this summer?

Summer is a great time to bring your exercise outdoors. Biking, swimming, walking and jogging routines can be more enjoyable in the summer months. But you'll need to take a few extra precautions to stay safe in the heat and sun. These tips can help you stay safe:

- **Check with your doctor first** to ensure exercising in the summer heat and sun is safe for you to do.
- **Stay hydrated.** Drink water before, during and immediately after exercise.
- **Protect your skin.** Wear sunscreen or protective clothing.
- **Protect your eyes with sunglasses.** The sun can damage your eyes. Squinting impairs vision, which may increase your susceptibility to accident or injury.
- **Dress appropriately.** Wear reflective gear if you're exercising at dawn or dusk. Aim to buy workout clothes that are breathable and, if possible, made of wicking fabric.
- **Choose the right time.** Avoid exercising when it's really hot out. During summer, it's best to work out in the early morning or later in the afternoon or evening.
- **Safety first.** Exercise with a buddy, obey traffic rules, be alert to your surroundings, and wear a helmet when biking or rollerblading.
- **Listen to your body.** If you feel dizzy, faint or unusually tired while exercising outdoors, stop your workout immediately.

Call your Wellness Coach for more great fitness tips!



Has a Wellness Coach helped you improve your health? Tell us your story!
Email us: mywellness@healthadvocate.com

Real People, Real Stories

Fast Food-Dependent to Healthy Eater



Eating healthy was always one of Sarah's goals, but she just couldn't seem to find the time in her schedule to do so. Take-out, microwaveable dinners and quick fast food stops between driving her kids to their activities seemed to be the norm for her family. Determined to succeed in making healthy changes, Sarah called a Health Advocate Wellness Coach for assistance.

Sarah began working with coach Marc, and together they devised a strategy that would allow her to eat healthier. She started by taking the time to eat breakfast, rather than opting for a fast food breakfast sandwich. Sarah began waking up 15 minutes early to eat yogurt, granola and fruit.

Within 6 months of working with Marc, not only was Sarah eating breakfast, but she had begun packing her own lunches and was cooking dinner for her family most nights. Sarah says, "Since I started eating better, I feel better. Before, I remember often feeling tired and sluggish. Now I have the energy I need for the day, and then some!"

Your Wellness Coach can help you meet your healthy goals, too!

Your Wellness website

Expert help, 24/7

Your Health Advocate Wellness website features fun tools and resources to help you reach your wellness goals. **Log on today to get started:**

- ✓ **Contact a Health Advocate** Wellness Coach
- ✓ **Take your Personal Health Profile** (also known as a Health Risk Assessment)
- ✓ **Take online tutorials** for help losing weight, getting fit and more
- ✓ **Log your progress** with with a variety of trackers
- ✓ **Access wellness tips,** articles, and healthy recipes

Get started now:
www.my-cpw.com



Stay active this summer!
Ideas from our members

Physical activity is essential for good health, but a busy schedule may interfere with planned exercise. Fitting a quick 10-minute bout of activity into your downtime is an effective strategy to add exercise to your day. We recently asked some of our members how they turn their downtime into time for fitness. and we're sharing a few of our favorite responses with you. Try one of these helpful ideas!

"I take the last 10 minutes of my lunch break and go walking outside at a fast pace." —**Ben**

"I jog outside instead of sitting down on the couch after dinner." —**Megan**

"Wake up earlier! Now I start my day with a 10-minute walk." —**Darnell**

Need more ideas to add activity to your day? Call your Wellness Coach for assistance!

Want more wellness tips?

Visit your Health Advocate Wellness website for helpful tip sheets, wellness tutorials, and much more!



www.my-cpw.com

Make your voice heard!

Tweet us **@HealthAdvocate** and tell us how you beat the summer heat! Your response may be featured in an upcoming newsletter.

Help is Just a Phone Call Away

24/7 Support

800.433.2320
www.my-cpw.com

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HealthAdvocate™
Always at your side

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