

July is Ultraviolet (UV) Safety Month.



Sun Safety for Every Body

We all need some sun to produce vitamin D, which helps our bodies absorb calcium for healthier bones. But excess exposure to the sun's ultraviolet radiation can damage your skin and immune system and cause cataracts. At the current rate, about 9,500 people in the U.S. are diagnosed with skin cancer every day.



Basal cell and squamous cell carcinoma are the most common types of skin cancer.

Both tend to be relatively low-risk cancers when treated promptly. Melanoma is a much more dangerous kind of skin cancer. Watch for skin changes and see your health care provider if you notice unusual skin blotches, including a waxy bump, white or red, thick, scaly patch, a new or unusual bump or any spots changing, growing or bleeding.

At the height of outdoor summer activities, practice sun safety six ways:

1. Avoid getting a tan outdoors. It injures your skin, and it won't protect you from sunburn.
2. Slather on the sunscreen, even if you are sitting in the shade. Use one ounce of **broad-spectrum, water-resistant** sunscreen with a sun protective factor (SPF) of at least **30** to all exposed skin, and reapply every **two** hours, especially after swimming or sweating.
3. Use sunscreen on cloudy days, too, as 80% of the sun's UV rays can penetrate clouds.
4. Don't use tanning beds and sunlamps, which expose you to high levels of UV radiation.
5. Wear sunglasses and hats with wide brims to shade your face, head, ears and neck.
6. Avoid sun exposure when it's hottest, especially between 10 a.m. and 4 p.m.

Learn to relax and **enjoy the shade** — one of the best ways to limit UV exposure.

“Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.”

— Desmond Tutu

BEST bits



■ Ahead of Fireworks Month in July, a U.S. Consumer Product

Safety Commission analysis showed an increase in deaths and injuries from misuse of pyrotechnic fireworks between 2005 and 2020. Injuries from firecrackers and sparklers were the main culprits; 30% of injuries were to hands and fingers, followed by the head, face or ears at 22% and eyes at 15%. Burns accounted for 44% of injuries. Sparklers can be dangerous, too, according to the National Safety Council. The Council advises everyone to enjoy fireworks at public displays conducted by professionals and to avoid using fireworks at home.

■ **Riptide reminder:** Typically, riptides form at breaks in sandbars, and also near structures (e.g., jetties, piers and cliffs) that protrude into the water. Before swimming, check the local beach forecast and ask the lifeguard (only swim where lifeguards are present). Never try to swim directly to the shore. Swim along the shoreline until you escape the current's pull. When you're free of the current, swim at an angle away from the current toward shore. If you can't reach the shore, face the shore and wave or call for help.

■ **Tick bites can spread serious infections, including Lyme disease.** Avoid grassy, wooded areas where ticks thrive. While hiking, wear long pants and long sleeves and use flea repellent. Always check your clothes and body for ticks after being outdoors. Find any? Before you wash your clothes, put them in a hot dryer for ten minutes. Visit [cdc.gov/ticks](https://www.cdc.gov/ticks) for instructions about safely removing ticks from your skin and choosing an effective tick repellent. And if you get a tick bite, contact your health care provider immediately for instructions. Preventative antibiotics are offered within 72 hours to patients who meet certain requirements. If they don't meet the requirements, they are observed and treated if symptoms of Lyme disease develop.

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Water Sports

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Five water sports to explore:

1. **Water skiing** is a full-body workout. You grip a tow rope while standing on skis as a motorboat pulls you and the water zips beneath you. With practice you can turn and even jump the boat's wake.
2. **Kayaking and canoeing** can involve racing. But they are also peaceful ways to explore a river or lake while getting upper body exercise from paddling.
3. **Snorkeling** allows you to explore marine life as you swim. If you dive in some tropical areas, you can explore coral reefs up close, too.
4. **Paddle boarding** is a water sport for all ages. Beginners can kneel or sit while paddling; the more fit and experienced can move through the water while standing and paddling.
5. **Surfing** takes a surfboard and patience for the right wave to come along. You paddle along with the wave and then attempt to stand and ride the wave. Expect to fall a few times before you succeed. If you're a surfing novice, take lessons. It's not as easy as what you see in movies.

Relaxation Techniques to Manage Stress

The challenging situations we face in daily life — ranging from traffic jams and work deadlines to serious worries — can set off our stress response over and over. Our heart rate and breathing speed up and our muscles become tense. While we can't avoid stress, we can adopt positive ways to offset the tension stress creates.

Stress can cause a wide variety of symptoms, including decreased energy, insomnia, headache and depression. Basic relaxation techniques can be easy and performed in a variety of ways. They provide many benefits, including:

- Healthier blood pressure and heart rate.
- Better digestion and sleep.
- Healthier blood sugar levels.
- Reduced muscle tension and chronic pain.
- Better concentration and mood.
- Reduced fatigue.
- Reduced anger and frustration.
- More confidence to handle problems.

Your relaxation response will be the opposite of your stress response. The goal is to reduce tension through immediate rest that you can achieve in several ways. With regular practice you can simply create a sense of calm as the need arises. Here are some relaxation techniques that can help produce calm:

Breathing focus, or belly breathing, involves taking long, slow, deep breaths. As you breathe, you gently disengage your mind from distracting or worrisome thoughts and sensations.

Mindfulness meditation involves sitting comfortably, focusing on your breathing and bringing your mind's attention to the present without drifting toward concerns, worries and negative thoughts. This form of meditation has enjoyed increasing popularity recently. Research suggests it may be helpful for people with anxiety, depression and chronic pain.

Yoga, tai chi and qigong are ancient arts combining rhythmic breathing with a series of postures or flowing movements. The physical aspects

distract you from troubling thoughts; they can also enhance your flexibility and balance. These techniques may be challenging if you have physical health problems; consult your health care provider.

Progressive muscle relaxation helps you focus on slowly tensing and then relaxing each muscle group, so you focus on the difference between muscle tension and relaxation. For example, you can start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head — or reverse direction.

Other methods that can produce relaxation and calm include massage, hydrotherapy, music and art therapy and biofeedback. Remember that relaxation techniques are skills that take practice. Enjoy them and learn to relax often.

Having trouble sleeping this summer during long periods of sunlight?

Try these summer snooze tips from the American Academy of Sleep:

- Limit exposure to sunlight in the evening. Keeping an indoor routine two hours before bedtime can ease your body into sleepiness, even if it's still light outdoors.
- Make your bedroom comfy. Enjoy a cool breeze with fans and use blackout curtains to block out early sunrises.
- Relax and wind down after a busy summer day. Reading and playing music before bedtime can help.





Reduce Out-of-Pocket Health Care Costs

Not all expenses for medical care are reimbursed by health care coverage plans. These are your out-of-pocket costs. They include deductibles, coinsurance, copayments for covered services and all costs for services that aren't covered through your plan. Here are ways to save:

Ask your health care provider if your medicines are available in lower-cost generic forms with the same active ingredients. Take all of your medicines as directed to avoid further health problems.

Recognize the level of care you need — when to call your provider and seek urgent or emergency room care. ER care examples: chest pain, trouble breathing or severe pain or bleeding. Urgent care examples: sore throat, bladder infection or a dog bite.

Get routine health screenings, which are often covered without co-payments.

Choose in-network health care providers whenever possible as charges can be less than out-of-network providers.

In advance of having procedures or surgery, ask your provider if you can have it done at an outpatient clinic, often cheaper and faster than having the same procedure in a hospital.

If possible, use a Health Savings Account (HSA) or Flexible Spending Account (FSA). These are savings accounts that allow you to set aside pre-tax money for health care expenses, potentially saving you significant money each year.

Learn more at choosingwisely.org.

Produce Straight from the Farm

From juicy apples to freshly laid eggs, many people partner with local farms to enjoy their weekly harvest. This is **community-supported agriculture (CSA)**, and it's a smart way to support local farms and save money.

To receive a CSA box, you buy shares in a specific farm's harvest. The farm then sends you your share of the fresh food the farm grew. Is a CSA box the right choice for you? Here are some pros and cons:

Pros:

- You support a local farm. You can visit the farm, meet the team, volunteer, and see where your food grows.
- Freshness: You get a weekly box of whatever was grown or harvested that week.
- You may save money compared to buying the same items at the grocery store.
- You'll have lots of vegetables and fruits on hand, which is a great incentive for healthy eating.

Cons:

- You need to pay it all up front (usually a few hundred dollars), instead of buying groceries weekly.
- You invest in some risk. If the weather or pests are bad and the farmer has a poor growing season, you get less than what you paid for.
- You may have little choice about what's in your weekly box. If the farmer grows kale, that's what you'll get, even if you don't like it.
- You may get more food than you can use in a week. Be prepared to use, share, can or freeze items to reduce food waste.

Also, ask yourself if you are creative and enjoy cooking. The most satisfied CSA users are those who are willing to try new things.



eatingsmart

By Cara Rosenbloom, RD

Peach Salad with Arugula

- | | |
|-------------------------------|----------------------------|
| 2 ripe peaches, quartered | 1 tbsp balsamic vinegar |
| 6 cups arugula | 1 tsp Dijon mustard |
| ½ cup crumbled feta cheese | 1 tsp honey |
| ½ cup freshly chopped mint | Pinch each salt and pepper |
| 2 tbsp extra-virgin olive oil | |



EASY recipe

Preheat grill to high. **Grill** peaches, cut sides down, on oiled grates for about 2 minutes. **Flip** peaches and grill 2 more minutes. **Set** aside to cool. **On** a serving platter, scatter arugula and top with feta and mint. **In** a small container with a lid, combine oil, vinegar, mustard, honey, salt and pepper. **Shake** well until combined and pour over salad. **Slice** peach quarters in half lengthwise and serve on top of salad.

Makes 4 servings. Per serving: 151 calories | 4g protein | 11g total fat | 3g saturated fat | 5g mono fat | 3g poly fat | 10g carbohydrate | 8g sugar | 2g fiber | 286mg sodium

Stay in Touch

Keep those questions and suggestions coming!

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EXPERT advice — Elizabeth Smoots, MD

Q: Prevent medication interactions?

A: Medications

can interact with prescription drugs,

as well as over-the-counter medications, dietary supplements and food or drinks. For instance, alcohol combined with pain relievers or sedatives may interact to cause drowsiness and slow breathing — adverse effects that may lead to accidents or even death.

Know how to avoid dangerous drug interactions. Keep all your health care providers informed about your prescription and over-the-counter medications and any dietary supplements. Read the labels and printed materials that come with your medications.

If you have medication questions, ask your provider or pharmacist. Also fill all your prescriptions at the same pharmacy so they can more easily assist you in looking for medication interactions.

Learn more: Use online drug interaction checkers, such as those at webmd.com/interaction-checker/default.htm and drugs.com/drug-interactions.html. If the online checkers find any potential interactions, get your provider's advice before stopping medications or making any changes.



Ransomware: How to Protect Yourself

Ransomware occurs when online hackers hold your information hostage by encrypting it and then demanding payment. However, you can protect yourself and your data.

Protect yourself against ransomware:

- Keep all of your apps, including the operating system, as well as security, entertainment and office products, updated.
- Don't click on links or download attachments and apps unless you asked for them.
- Back up all important files often on all devices. When you finish, log out of the cloud and unplug external hard drives.
- Always assume public Wi-Fi isn't secure and never access your personal or financial information while using a public network.

What to do if you are a victim of ransomware:

- Contain the attack by disconnecting all infected devices from your network.
- Remove malware and follow instructions to restore your computer (if you've backed up your files).
- Report ransomware to an FBI field office or the Internet Crime Complaint Center at ic3.gov.



TIP of the MONTH



Looking to Ward off Type 2 Diabetes?

Researchers say both nutrition and exercise may help to reduce your risk of developing this common condition.

A recent study showed that women who get more daily steps (measured on a pedometer) are less likely to develop type 2 diabetes compared to women who are more sedentary. And a second study found that men who exercise are 39% less likely to develop diabetes than men who are sedentary. Aim for at least 150 minutes of moderate-intensity movement (e.g., brisk walking) each week in combination with a balanced eating plan.

MAKE A GREAT PLATE.

Swirl and freeze berries and yogurt to create the perfect summertime treat.

Berry Yogurt Popsicles

INGREDIENTS

- 2 cups **blueberries** or **raspberries**, *divided*
- 2 cups **vanilla Greek yogurt**
- 2 tbsp **honey** (optional)

DIRECTIONS

Place 1½ cups berries into blender and pulse to get thick purée. **Pour** purée into medium bowl. **Add** yogurt, honey (if using), and remaining ½ cup of whole berries. **Stir** to combine. **To** get swirly effect, don't overmix. **Add** yogurt mix to each of six popsicle molds and add sticks/handles. **Freeze** for minimum four hours, but preferably overnight. **To** remove popsicle from mold easily, run under hot water. **Serve**.

Makes 6 servings. Each: 87 calories • 7g protein • 0g total fat • 15g carb • 11g sugar • 20g fiber • 33mg sodium • 0g saturated fat • 0g mono fat • 0g poly fat • 3mg cholesterol



Best-Ever Fresh Salsa (pico de gallo)

EASY | RECIPE

Ingredients:

3 large **ripe tomatoes**, seeded and chopped
3 tablespoons chopped **white onion**
1 clove **garlic**, minced
¼ cup finely chopped **cilantro**
1 **serrano chili** or **jalapeño pepper**, seeded and chopped (to taste, remove white ribs to reduce heat)
2 tablespoons **lime juice**
¼ tsp **salt**



Method:

In a medium serving bowl, combine all ingredients and stir. **Taste** and add more salt if needed.

Refrigerate at least 30 minutes to allow flavors to blend. **Serve** with whole-grain corn tortillas. **Note:**

If raw onion and garlic are too strong for you, add chopped onion and garlic to a bowl of cold water and refrigerate overnight (flavors will mellow). **Drain**, and proceed with recipe.

Makes 4 servings. Per serving (without tortillas):

38 calories | 2g protein | 0g total fat | 0g saturated fat | 0g mono fat |
0g poly fat | 8g carbohydrate | 1g sugar | 2g fiber | 156mg sodium

EASY recipe

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- | | |
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Pros:

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- Freshness: You get a weekly box of whatever was grown or harvested that week.
- You may save money compared to buying the same items at the grocery store.
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Cons:

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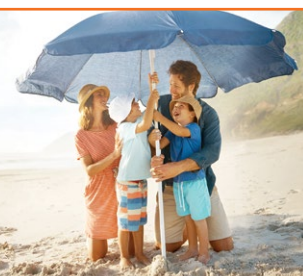
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Keeping Kids Busy in the Summer

Keeping youngsters occupied until school starts again doesn't have to be a chore. Whether you or your partner are at home this summer, or someone cares for your kids while you work, it's important your children have daily activities that are safe, fun and even educational.

Avoid starting the day with "So, what do you want to do today?"

Instead, have a plan. Don't schedule every hour, but have a few activities, day trips or play dates set and let your kids know what's on the agenda ahead of time.

Tips for keeping youngsters busy and happy this summer:

- **Plan visits to your local library once a week.** Many libraries offer summer reading programs and fun activities. Consider getting your child his or her own library card and challenge them to see how many books they read this summer.
- **See what activities** your local parks and recreation department offers in local parks, such as summer art shows or concerts the whole family can enjoy.
- **If you have a yard,** let the kids plant and water their own small garden. No yard? Potting plants for a balcony or window can help youngsters learn about growing flowers and edibles.
- **An afternoon swim is always a hit, but so is outdoor fun right at home.** Children and their friends can play tag, hide and seek and other outdoor games.
- **Use a rainy day** to learn about cooking. Let your children help in the kitchen by making healthy meals and snacks.
- **Encourage art projects.** Empty boxes and cans can be turned into an imaginary town. And youngsters can draw scenes from their summer and make a scrapbook about their adventures.



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The **Smart Moves Toolkit**, including this issue's printable download, **Summer Fitness, Family Style**, is at personalbest.com/extras/22V7tools.



7.2022

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Do Sleep Apps Work?

Many smartphone apps claim to help people fall asleep faster, stay asleep longer and get better quality sleep overall. But, do they work?

Sleep app functions vary. Some guide you through relaxation and deep breathing exercises or feature soothing sounds to help you fall asleep quickly. Others use the device's internal sensors to monitor your movement as you sleep; this may reveal the time you spend in restorative sleep and recognize troublesome patterns caused by stress, caffeine and other factors. Some apps even awaken you during a lighter point in your sleep cycle, when you're least likely to feel groggy.

Most of the research concerning sleep apps is anecdotal. Some users report that they wake up more refreshed and feel their sleep quality has improved since they started using a sleep app. Sleep researchers speculate this may be due to a placebo effect, meaning that if a sleep app user thinks the app is working, that idea alone may be enough to help them sleep better.

Sleep apps are probably harmless. **One point to keep in mind:** There's evidence suggesting having a mobile device turned on in the bedroom can disrupt sleep. So your best bet for restful sleep may be to clear your sleeping area of electronic devices and other distractions.



Here's a first-class tip for traveling well: Avoid crossing your legs on lengthy plane rides. Get up and move around hourly. You'll reduce your risk of blood clots in the legs resulting from prolonged sitting (pull off for breaks during long car trips, too).

Preparing for Maternity Leave

Baby on board! As you plan for your new arrival, take these steps to make sure everything is set for your maternity leave:

Tell your supervisor, who will appreciate having adequate time to prepare for your absence. Be clear about your future plans and discuss a transition that works for everyone.

Learn your company's maternity leave policy. Talk to your supervisor or someone in human resources about your employer's family leave provision. It may include a combination of accrued vacation or personal time, paid leave and unpaid leave. Get the details so you can prepare for your financial needs.

Help create a work transition plan. Have project notes, contact information, schedules and lists of duties ready for those assuming your responsibilities while you're away. Ideally, resolve as many issues as you can before your leave begins.

Remember, babies don't always arrive on schedule and work priorities may be subject to change. Be flexible and focus on open communication as you prepare for this next stage of life and work.



Eating on the Mind — You've heard of distracted driving. But what about distracted eating? Researchers have found that people who ate while doing another task, such as watching television, consumed more calories during that meal and also tended to overeat later. Over time, this leads to weight gain. Distracted eating can interfere with your brain's ability to recognize when you are full. Slow down, stop what you're doing and eat with your mind on your food. You will likely feel full sooner and eat less overall as a result.

How to **Stop** Worrying

Everyone worries occasionally, but if it's excessive, it can potentially harm your health. Take these three steps to keep worry from taking over your life:

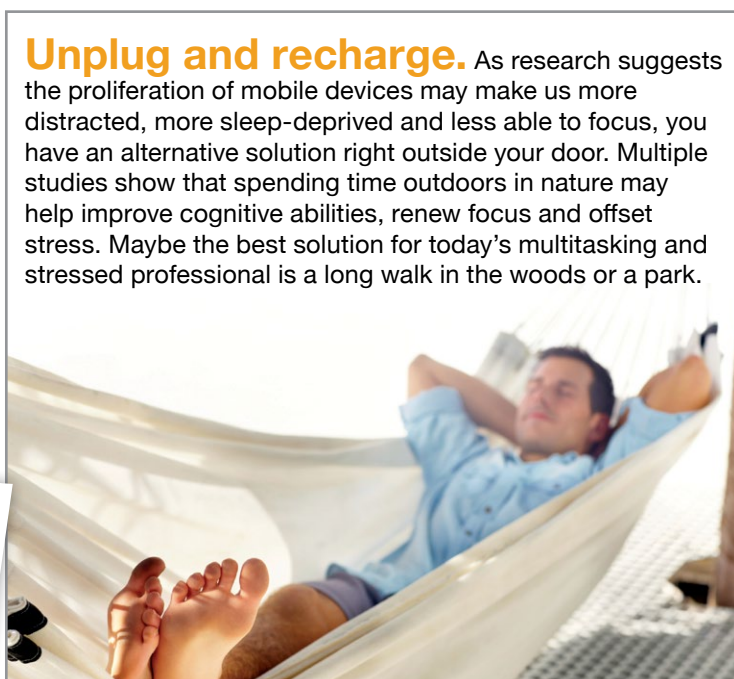
1 Breathe deeply. Take long, slow, deep breaths through your nose and let your diaphragm and belly expand with each breath. This helps you feel calmer and less anxious.

2 Take life one moment at a time. Return to the now if you find yourself asking, *What if?* Focus all five senses on your environment — what do you feel, see, hear, smell and taste right now?

3 Write down what worries you. Then, do something about the concerns or problems that you can solve. Recognize that it's unproductive to agonize over the ones you can't control.

If worry regularly interferes with your sleep or everyday life or leads to physical symptoms, such as digestive problems, disrupted sleep, irritability or panic attacks, talk to your health care provider.

Remember: Few people escape the uncertainty and stress of today's fast-paced, changing world. While you may not be able to remove some sources of worry from your life, you can control your reactions to them.



The Myth of Multitasking

We can't do two things well at once. When we multitask, we switch our attention between two tasks, often performing less effectively at both. The idea of multitasking has been around for decades and first referred to using a single computer to simultaneously carry out two or more jobs.



Everyday examples: We text or answer email while in meetings, play video games when chatting with family, take notes during a lecture, drive while talking on our phones or cook dinner while helping our kids with homework. Being a multitasker may be a point of pride for some, implying mental dexterity and effective productivity.

Multitasking can help us save time in some cases, but research suggests that trying to do more than one **challenging** task at a time may decrease our overall productivity instead. Most people tend to work slower and less efficiently when multitasking because of the increased mental demand of jumping from one thing to another.

Staying focused on one task at a time can increase work productivity. If you are dedicated to multitasking, but you start more tasks than you can finish, start prioritizing your tasks in order of importance. Begin with your most demanding assignments and finish your day with lighter and less time-consuming tasks whenever you can.

Learn to Appreciate Yourself

Give yourself a pat on the back. A little self-appreciation can go a long way toward helping you feel more positive and confident to achieve more. Three tips to try:

1 Review what you've accomplished. List your best successes at work and in life, such as passing a test, completing a key project, landing a big client, coming up with a great idea or helping someone else. Remembering what you did well in the past can reconnect you with your self-worth.

2 Recognize your strengths. Make a list of the things you do well. If you have trouble thinking of your strengths, ask a friend or coworker to help you list some.

3 Tune up your self-talk. Recognize the negative messages running through your mind: *I can't do this. I am not capable and will never get it right.* Work hard to think more positively and send encouraging, appreciative thoughts to yourself: *I know I can do this. This is hard, but I'll figure it out. I never quit.* Sometimes that's all it takes to turn your attitude around and spur you toward your goals.

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7.2022

Keep Your Cool

The dog days of summer are upon us and working in the heat can be dangerous. Heat-related illness can often lead to heatstroke, which can be fatal. Stay cool by following this advice:

Consider using heat stress wearable technology to monitor your risk for heat-related illness. Its sensors can track your skin temperature and sweat rate in high heat or outdoors.

Recognize the symptoms of heat exhaustion and take steps to cool down immediately. If you experience headaches, nausea, dizziness, weakness, confusion, irritability, excessive thirst, heavy sweating and a body temperature greater than 100.4°F, move to a cool area and drink water.

Know the symptoms of heatstroke. Call 911 if a coworker exhibits any of these symptoms: confusion, seizures, loss of consciousness, high body temperature and no sweating. In the meantime, get the person to a cool place, soak their clothing with cold water and ice, or remove some clothing and place cold, wet cloths or ice on the person's body.

Take plenty of breaks in hot weather. Seek shade or a cool indoor facility and drink plenty of water. Drink about one quart an hour. Avoid caffeine or alcohol in hot weather.

Start work early before the hottest part of the day, if possible.

If you can, ask for a modified work schedule to reduce your exposure to heat.



RANSOMWARE: How to Protect Yourself

Ransomware occurs when online hackers hold your information hostage by encrypting it and then demanding payment. However, you can protect yourself and your data.

Protect yourself against ransomware:

- ➔ Keep all of your apps, including the operating system, security, entertainment and office products, updated.
- ➔ Don't click on links or download attachments and apps unless you asked for them.
- ➔ Back up all important files often on all devices. When you finish, log out of the cloud and unplug external hard drives.
- ➔ Always assume public Wi-Fi isn't secure and never access your personal or financial information while using a public network.



What to do if you are a victim of ransomware:

- ➔ Contain the attack by disconnecting all infected devices from your network.
- ➔ Remove malware and follow instructions to restore your computer (if you've backed up your files).
- ➔ Report ransomware to an FBI field office or the Internet Crime Complaint Center at [ic3.gov](https://www.ic3.gov).

July is Vehicle Theft Prevention Month. The End of the Road for Vehicle Theft

A motor vehicle was stolen every 43.8 seconds in the U.S. in 2019, according to the NHTSA. Don't become a statistic. Protect your vehicle by following this advice:

- ✓ **Never** leave your car running, even in your own driveway.
- ✓ **Be** aware of your surroundings. Don't park in any area that looks desolate or unsafe.
- ✓ **Park** in well-lit areas.
- ✓ **Close** and lock all doors and windows.
- ✓ **Take** your key with you.
- ✓ **Never** leave valuables in your vehicle, especially if they can be seen from outside.
- ✓ **Consider** installing an anti-theft device, audible alarm system and/or a vehicle immobilizer system.



July is National Fireworks Safety Month.



Six Ways to Prevent Wildfires

Did you know humans cause approximately 90% of all wildfires? One small spark can ignite a wildfire, especially in dry, drought-ridden areas of our country. That's why it's so important to heed this advice:

❶ Leave fireworks to the professionals.

Caution: If you choose to use fireworks, check your local, state and city regulations, as well as drought conditions before lighting them. Keep water nearby.

❷ **Always check weather and drought conditions** before building a campfire or using a fire pit. Never light a fire when it's windy or if drought restrictions are in place.



❸ **Build your fire in an open location far from flammables.** Always keep a shovel and a bucket of water nearby and make sure a responsible person watches the fire at all times.

❹ **Extinguish all fires properly.** **Tip:** Use the **Drown, Stir and Feel** method. **Drown** the fire with water and **stir** the fire area with a shovel to wet remaining embers and ash. Move dirt onto the fire site to fully smother it. **Feel** the area with the back of your hand to ensure nothing is still smoldering.

❺ **Keep vehicles off** dry grass.

❻ **Keep equipment and vehicles maintained.** Don't allow anything — mufflers, towing chains, etc. — to drag on the ground. Keep tires properly inflated and maintain brakes.

PRESSURE Precautions

While pressure washers, power tools that spray water at high pressures, are especially useful to clean buildings, sidewalks, driveways and certain equipment, they also bring many injury risks. Mainly, they can cause bodily harm to you or bystanders via the strong spray or by striking objects, such as rocks that could become dangerous projectiles. Electric shock can also occur if safety instructions aren't followed. Here are some precautions to take to avoid injury:



Read the instructions on your pressure washer before using it and follow them.

Never point a pressure washer at yourself or others.

Don't attempt to move objects with the spray from the washer.

SAFETY CORNER

Signs of the Times

Safety signs are there for a reason — to remind workers to avoid hazards. To be effective, they need to be easy to understand and in highly visible locations. According to the American Society of Safety Professionals, there are three major ways signs can reduce accidents.

Language and Message

The ANSI/NEMA Z535 series of standards establish requirements for the design, application and use of safety signage including sign and text size, viewing distance and color coding: yellow signage where minor or moderate hazards are present, orange for more serious hazards and red for the most severe hazards.

Location

Signs need to be placed close enough to the hazard so they are relevant yet far enough away so that they can be seen before the actual danger.

Consistency

Use similar signage for similar hazards and make sure the message is consistent in every area the signs are used.



Plug the properly grounded pressure washer into a properly grounded GFCI outlet.

Use only heavy-duty, wet-rated extension cords if you need to use one.

Wear safety glasses and closed-toed, rubber-soled shoes when using the pressure washer.

Never use a gas-powered pressure washer in an enclosed space.

Don't allow children to use the pressure washer.

Engage safety latch when not spraying.

Turn off the pressure washer and release any pressure by squeezing the trigger before disconnecting the hose and nozzle.



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Creating a Budget? Don't Forget These Expenses

Accuracy is a critical component of budgeting. However, some expenses are easy to overlook. Read on to see if you are leaving out potential categories:

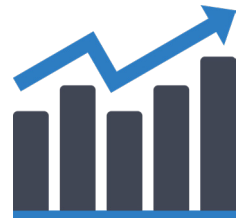
- 1. Gifts:** It is easy to miscalculate how much you spend on gifts. Anniversaries, birthdays, holidays, baby and bridal showers, weddings — the bottom line can grow large. Create a calendar, noting who has special days each month and how much you would spend on that event (e.g., anniversary, birthday, shower, etc.). If you buy gifts for people during holidays (e.g., Christmas), make a list of whom you buy for and how much you spend for each person. After you have finished your list, add up your totals and divide by twelve. This is how much you should save each month to cover gifts.
- 2. Eating out:** Food can be a budget buster for most people. Cash is a great way to battle overspending on restaurant fare. Determine your weekly allowance and carry that amount in cash; when the cash is gone, you are done until the following week begins.
- 3. Annual subscriptions:** For expenses that are not monthly, divide the annual amount by twelve and reserve that amount each month to cover the cost.
- 4. Miscellaneous:** Subscriptions, hobby supplies, health care copays and monthly bank fees.

Top Dollar takeaway: Record uncommon expenses for a year.



Inflation: It's Personal

You hear about inflation all the time, but do you know how it impacts you? Inflation is measured by the increase in cost over time of goods and services that a typical household purchases.



The U.S. Bureau of Labor Statistics measures inflation monthly using the Consumer Price Index (CPI). The CPI is a broad measure of all goods and services purchased for consumption by urban households. Inflation may occur when the supply of money increases faster than the supply of goods and services available. Inflation can also occur when demand for goods is excessive, or production costs increase sharply.

Inflation impacts consumers' purchasing power, which is the measure of goods and services your income allows you to buy. Inflation can have significant effects on consumers. However, there are steps you can take to get the most out of your dollars. Here are a few:

Negotiate lower prices for your phone plan. In the current economy, companies need to keep customers and are likely willing to offer additional services for the same price or lower prices.

Wait to purchase big-ticket items. Prices on used vehicles and building supplies typically fall in the third and fourth quarters of the year. Holding off until then can lead to spending less on expensive items.

Track your spending and stick to your budget. With increased prices for most goods and services, it is important to watch spending and stay within your budget. To save gasoline, plan and combine errands to reduce driving. Eat most meals at home to lower food costs, and cancel streaming subscriptions and other services you don't use.

TOP DOLLAR TIP: BUYING A FORECLOSED HOUSE OR CONDO

Foreclosure occurs when a homeowner stops making mortgage payments and the financing company takes ownership of the property. It's possible to score a good price on a home because the lender wants to move the property quickly. You can also buy a property through a short sale, which is when the homeowner still owns the property but knows that foreclosure is inevitable. This isn't technically a foreclosure, but it's still a deal. Other than where to find foreclosures, the process is much like a traditional home purchase. Do your research, know how much you can afford to buy and have the property inspected.





Frugal Camping

By definition, camping seems like an inexpensive adventure. The truth is, the costs add up when you consider sleeping gear, cooking needs, travel and location. Here are a few tips to help keep your budget reasonable:

First create a supply list. This will give you an idea of what you need and help you avoid impulse purchases.

Shop your home. You may have old blankets that would make great bedding, outdoor chairs that would work around the campfire, or old pans for cooking.

Borrow. The odds are you know people who have camping gear in the basement or the attic that they can loan to you.

Check thrift stores. People will often donate gently used camping gear. You can also score great deals on kitchen items (pans, utensils, cups, plates, etc.).

Create a community camping supply. If you camp regularly with friends, divide the list of needs and agree to share. This includes meals as well as gear.

Plan your menu ahead of time and bring as much food and as many beverages as you can. Find one-pot recipes that provide several meals.

Note: Follow all rules regarding campfires and sources of firewood.

Home Improvement Scams

More time spent at home due to the pandemic led to an increase in home renovations. Remodeling can be exciting but also overwhelming, especially if you don't know much about home renovation. Protect yourself from scams with these tips if you are preparing to rehab your home:



1. Ask friends, neighbors and local family members for recommendations.
2. Hire licensed and insured contractors. Verify license numbers with the appropriate government agencies and ask contractors for proof of insurance.
3. Check with business rating websites to see if the contractor has any negative reviews or complaints.
4. Meet with at least three contractors for quotes. Ask for a written description of the work to be done, materials needed and an expected completion date as part of the pricing estimate.
5. Agree to a payment plan that includes final payment after the work is complete.
6. Don't sign anything until you are comfortable with the terms. Read the contract in its entirety. Make sure it includes the contractor's license number, name and address. The contract should also include all of the details mentioned in the estimate (e.g., price, dates, project description).

Beware of the following tactics:

- Contractors who go door to door to solicit business.
- Contractors asking you to finance the job through lenders they know.
- Contractors asking for a cash payment up front.
- Contractors asking you to acquire building permits.



TOP DOLLAR DICTIONARY: Minimalism

Minimalism is pursuing a lifestyle of living with less and being happy with what you already own. Merriam-Webster defines the term as "a style or technique that is characterized by extreme spareness and simplicity." Minimalists rebuke consumerism and the belief that buying stuff can make a person happier. Minimalism is a belief that people already have what they need to feel truly happy. A key step is ridding your life of anything that doesn't bring happiness or joy. Another message of minimalism is that by giving less meaning to things we own, a person discovers joy, purpose and total freedom.



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SW SHIFT WORKER™

Achieving a Healthy Balance.

7.2022

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What's in Your Food Environment?

Food environment refers to the foods that are easily available to you, at home or at work. Your food environment might include your pantry, the vending machine down the hall, the supermarket up the street, or your worksite cafeteria.

Research shows that the types of foods you can easily access can influence your overall calorie consumption, food choices and weight. For example, obesity rates are higher in areas where fresh fruits and vegetables and a wide variety of affordable food options aren't readily available.

It's time to take inventory. What's in your food environment? ➞

- Fast-food and chain restaurants.
- Small- and medium-sized grocery stores.
- Large superstores that offer prepared and specialty foods.
- Convenience stores.
- Small, locally owned restaurants.
- Health-food restaurants.
- Farmers markets.
- Vending machines containing candy bars and salty snacks.
- Chilled vending machines offering fruit, sandwiches, and other snacks.
- A coffee bar that offers large, customized coffee drinks.
- A desk drawer or bowl full of sweets.
- A pantry or cabinet filled with processed, packaged foods.
- A workplace cafeteria that offers a variety of food choices.



Ultimately, the choice of what or what not to eat is up to you. If you know there aren't a lot of healthy options around work, for example, pack nutritious meals and snacks from home so you won't be tempted by the vending machines or a candy bowl.

Stimulating **FACTS**

Stimulants are drugs that can boost mood, increase alertness and help you stay awake — all desirable traits for shiftwork. However, if you use stimulants frequently, you may find you need more of them over time to achieve the same effects. Overuse of stimulants can lead to side effects, such as sleep problems, stomach upset, increased blood pressure and nervousness.

Stimulants to watch for:

Caffeine is in coffee and tea — and in soft drinks, energy drinks, cold medicines, diet pills, pain relievers, chocolate and herbal products. The jury is out as to whether caffeine helps or harms shiftworkers. Some studies suggest caffeine improves alertness and reduces errors on the night shift, while others indicate it may also disrupt circadian rhythms and contribute to sleep problems. Limit yourself to a maximum of 200 to 300 milligrams daily (two to four brewed cups of coffee). Cut back on caffeine if you experience trouble sleeping, anxiety, restlessness, irritability, nausea, fast heartbeat or muscle tremors.



Prescription medications for attention deficit hyperactivity disorder contain stimulants. These drugs are usually safe when used as directed. However, using them to stay awake longer or feel less fatigued can lead to dangerous side effects and dependency. At very high doses, they can lead to hostile or paranoid behavior, heart problems and possibly stroke.

Energy drinks often contain large doses of stimulants. A 16-ounce energy drink contains up to 300 milligrams — 12 ounces of cola ranges from 34 to 46 milligrams. Consuming too many energy drinks may cause sleeplessness, heart palpitations and anxiety.

Dietary supplements used for weight loss frequently contain stimulants. Since the FDA banned the stimulant ephedra in 2004, many manufacturers advertise “ephedra-free” products. However, they may still contain other stimulants, such as caffeine and synephrine.



Good to know ➞ Stimulants can provide an occasional pick-me-up and help you beat shiftwork-related fatigue. But, they can also cause unwanted side effects and even be dangerous for people who are sensitive to them, or who have high blood pressure, glaucoma, anxiety or other health issues.

Rise and Shine

How you greet the day (or night) can set the tone for the hours ahead. Before you even lift your head from the pillow, stretch your entire body. **Smile.** Think about something you will accomplish today. Hold onto that sense of peace and purpose as you get up.

Boredom BUSTERS

If you spend a lot of time doing repetitive tasks, sitting or standing in one spot, or are working in a quiet environment late at night, it can be tough to stay engaged with what you are doing. Boredom isn't just unpleasant. It can lead to errors and even injuries. It also can make you feel down about your job, take little pride in your work, and even contribute to depression. Beat back boredom with these strategies:

Mix it up. Talk with your supervisor about whether you can change out some tasks, cross-train to fill in for another department or group, or perform work in a different way. Make sure to approach the conversation in a positive way, offering ideas and solutions instead of complaining or asking for special treatment. Be open to their suggestions as well. Simply coming up with a new plan might help you feel more inspired.

Make a change. Can you do some tasks in a different space? Meet outside? Get a headset so you can walk around while you make phone calls? Change your commuting route or join a carpool? Find ways you can shake up your everyday routine a bit.

Set your sights. Set specific goals, both personal and professional, and make a plan to achieve them. Making progress toward something that matters to you will help reawaken your enthusiasm and drive.

Food for thought: Do you work with or know someone who always seems happy at work? Making connections with engaged, energetic people can help you feel more motivated as well.



Circadian Rhythms Deciphered

Your body has a natural clock with a 24-hour cycle and is reset by your exposure to light and darkness. Your clock controls the special, internal rhythms of your bodily functions and organs. These rhythms are known as **circadian rhythms**. You can't feel your body's circadian rhythms, but you can feel when they aren't working right.

Circadian rhythms influence many bodily processes:

- Digestion.
- Sleep-wake cycles.
- Hormones.
- Body temperature.
- Waste elimination.
- Hunger and eating patterns.
- Cell regeneration.
- Brain wave activity.
- Physical activity.

When circadian rhythms work smoothly, everything in your body is in sync. You wake up easily and sleep well. You don't feel overly fatigued, battle food cravings or struggle with insomnia. You digest your food well, without gastrointestinal upset.

Working nights and sleeping days, flying across time zones or changing your schedule frequently can interfere with circadian rhythms. Research is still being conducted to determine what happens to your body long-term when you disrupt circadian rhythms for a prolonged period of time. Studies suggest higher rates of heart disease, obesity, diabetes and other health problems among shiftworkers may be the result of circadian rhythm disruption.

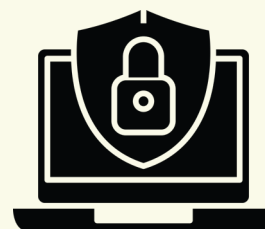
How can you keep your rhythms on track? Keep all electronic devices out of your bedroom. Sleep in a darkened room, and make sure your nighttime work area is brightly lit. Wear dark glasses on your morning commute home. Avoid heavy meals at night, when digestion slows naturally. And get as much physical activity as you can. Regular exercise helps you sleep better, helps regulate hormone production, and gives you overall protection against any ill effects you might feel from shiftwork.



Regular exercise helps you sleep better.

Go Online with Care

As a shiftworker, the ability to bank, shop and pay bills online during off-peak hours is indispensable. You don't have to wait until daytime to take care of business. But, going online may increase your risk of identity theft. **Protect yourself:**



- 1 Create passwords that contain letters, numbers, symbols and unrecognizable strings of characters.
- 2 Never share passwords with anyone or write them down where they could be found.
- 3 Change passwords every 30 days.



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Productos agrícolas directamente desde la granja

Por Cara Rosenbloom, RD



Desde manzanas jugosas hasta huevos recién puestos, muchas personas se asocian con las granjas locales para disfrutar de su cosecha semanal. Ésta es una agricultura apoyada por la comunidad (CSA por sus siglas en inglés), y es una manera inteligente de apoyar a las granjas locales y ahorrar dinero.

Para recibir una caja CSA, uno compra acciones de la cosecha de una granja específica. La granja luego le envía su parte de la comida fresca que la granja cultivó. ¿Es una caja CSA la opción correcta para usted? Estos son algunos puntos a favor y en contra:

Puntos a favor:

- Uno brinda su apoyo a una granja local. Uno puede visitar la granja, conocer al equipo, ser voluntario, y ver dónde crece su comida.
- Frescura: Uno recibe una caja semanal de lo que se cultivó o cosechó esa semana.
- Uno puede ahorrar dinero en comparación con comprar los mismos artículos en el supermercado.
- Tendrá muchas verduras y frutas a la mano, lo que es un gran incentivo para comer de forma saludable.



Puntos en contra:

- Hay que pagar todo por adelantado (normalmente unos cientos de dólares), en vez de comprar comestibles semanalmente.
- Usted invierte en algo con un riesgo. Si el clima o las plagas son malos y el agricultor tiene una mala temporada de cultivo, uno recibe menos de lo que pagó.
- Es posible que tenga pocas opciones sobre lo que hay en su caja semanal. Si el agricultor cultiva col rizada, eso es lo que recibirá, incluso si no le gusta.
- Es posible que reciba más comida de la que puede usar en una semana. Está preparado para usar, compartir, envasar o congelar artículos para reducir el desperdicio de alimentos.



Además, pregúntese si es creativo y le gusta cocinar. Los usuarios de CSA más satisfechos son aquéllos que están dispuestos a probar cosas nuevas.

Seguridad bajo el sol para todos

Todos necesitamos un poco de sol para producir vitamina D, la que ayuda a nuestros cuerpos a absorber calcio para tener huesos más sanos. Pero la exposición excesiva a la radiación ultravioleta del sol puede dañar la piel y el sistema inmunitario y causar cataratas. Al ritmo actual, aproximadamente 9,500 personas en los Estados Unidos reciben diagnósticos de cáncer de la piel cada día.

Los tipos más comunes de cáncer de la piel son los carcinomas de células basales y de células escamosas. Ambos tienden a ser cánceres de riesgo relativamente bajo cuando se tratan con prontitud. El melanoma es un tipo mucho más peligroso de cáncer de la piel. Esté atento a cambios en la piel y consulte con su profesional médico si nota manchas cutáneas inusuales, inclusive un bulto ceroso, blanco o rojo, grueso, un parche escamoso, un bulto nuevo o inusual o cualquier mancha que cambie, crezca o sangre.

En plenas actividades de verano al aire libre, practique la seguridad bajo el sol de seis maneras:

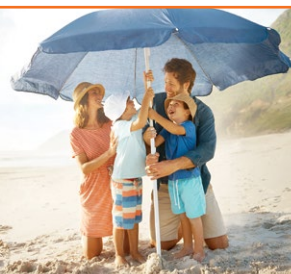
1. Evite broncearse al aire libre. Daña la piel y no lo protegerá de las quemaduras solares.
2. Unte abundante protector solar, incluso si estás sentado a la sombra. Aplique una onza de protector solar de **amplio espectro, resistente al agua** con factor de protección solar (FPS) de por lo menos **30** a toda la piel expuesta y vuelva a aplicar protector cada dos horas, especialmente después de nadar o sudar.
3. Use protector solar también en días nublados, ya que el 80% de los rayos UV del sol pueden penetrar las nubes.
4. No utilice camas de bronceado ni lámparas solares que lo expongan a altos niveles de radiación ultravioleta.
5. Use gafas de sol y sombreros de ala ancha para dar sombra a la cara, cabeza, orejas y cuello.
6. Evite la exposición al sol cuando haga más calor, especialmente entre las 10 a.m. y las 4 p.m.



Aprenda a relajarse y **disfrutar de la sombra**, una de las mejores maneras de limitar la exposición a los rayos UV.



El mes de julio es el **Mes de la seguridad y la radiación ultravioleta (UV):**



Reduzca los costos de atención médica que pague directamente de su bolsillo



No todos los gastos de atención médica son reembolsados por los planes de cobertura de atención médica. Estos son los costos pagados directamente de su bolsillo. Incluyen deducibles, coaseguros, copagos por servicios cubiertos y todos los costos por servicios que no están cubiertos por su plan. **Éstas son algunas maneras de ahorrar:**

Pregúntele a su profesional médico si sus medicamentos están disponibles en formas genéricas de bajo costo con los mismos ingredientes activos. Tome todos sus medicamentos según las indicaciones para evitar más problemas de salud.

Reconozca el nivel de atención que necesita: cuándo llamar a su profesional médico y obtener atención en la sala de urgencias o emergencias. Ejemplos de atención en la sala de emergencias: dolor en el pecho, dificultad para respirar o dolor intenso o sangrado severo. Ejemplos de atención de urgencia: dolor de garganta, infección de la vejiga o mordedura de perro.

Hágase exámenes médicos de rutina, que a menudo están cubiertos sin copagos.

Elija profesionales médicos dentro de la red siempre que sea posible, ya que los cargos pueden ser menores que los cargos de profesionales fuera de la red.

Antes de someterse a procedimientos o cirugías, pregúntele a su profesional médico si puede hacerlo en una clínica ambulatoria, lo que a menudo es más barato y rápido que tener el mismo procedimiento en un hospital.

Si es posible, utilice una Cuenta de Ahorros para Atención Médica (HSA) o una Cuenta de Gastos Flexible (FSA). Estas son cuentas de ahorro que le permiten reservar dinero antes de impuestos para gastos de atención médica, lo que puede ahorrarle una cantidad importante de dinero cada año.

Obtenga más información en choosingwisely.org.

Deportes acuáticos

El verano es la estación de la diversión acuática.

La natación es la forma más popular de refrescarse en piscinas, lagos o el océano. Pero hay una variedad de otras actividades recreativas acuáticas para disfrutar, dependiendo de su nivel de forma física y sus preferencias.

Cinco deportes acuáticos para explorar:

1. **El esquí acuático** es un entrenamiento de cuerpo completo. Uno se agarra a una cuerda de remolque mientras está parado sobre los esquís y una lancha a motor lo tira y el agua se desliza debajo por debajo de uno. Con la práctica, uno puede hacer giros e incluso saltar la estela de la lancha.
2. **El kayak y el canotaje** pueden incluir carreras. Pero también son maneras tranquilas de explorar un río o un lago mientras se ejercita la parte superior del cuerpo remando.
3. **El snorkeling o buceo de superficie** le permite explorar la vida marina mientras nada. Si bucea en algunas zonas tropicales, también puede explorar los arrecifes de coral de cerca.
4. **El surf de remo** es un deporte acuático para todas las edades. Los principiantes pueden arrodillarse o sentarse mientras reman; los que están en mejor forma física y tienen más experiencia pueden desplazarse por el agua mientras están de pie y remando.
5. **El surf** requiere una tabla de surf y paciencia para que llegue la ola adecuada. Uno rema junto con la ola y luego intenta pararse y trasladarse con la ola. Anticipe caerse unas cuantas veces antes de tener éxito. Si es un novato en el surf, tome clases. No es tan fácil como lo que se ve en las películas.



Cómo mantener ocupados a los niños en el verano

Mantener ocupados a los jovencitos hasta que empiece la escuela nuevamente no tiene por qué ser un fastidio. Ya sea que usted o su pareja estén en casa este verano, o que alguien cuide de sus hijos mientras trabaja, es importante que sus hijos tengan actividades diarias que sean seguras, divertidas e incluso educativas.

Evite comenzar el día con “Entonces, ¿qué quieren hacer hoy?”

En su lugar, tenga un plan. No programe cada hora, pero tenga algunas actividades, excursiones de un día o fechas de reuniones para jugar establecidas y deje que sus hijos sepan lo que hay en la agenda por adelantado.

Consejos para mantener a los jovencitos ocupados y felices este verano:

- **Planifique visitas a su biblioteca local una vez por semana.** Muchas bibliotecas ofrecen programas de lectura de verano y actividades divertidas. Considere conseguirle a su hijo su propia tarjeta de la biblioteca y desafío para ver cuántos libros lee este verano.
- **Vea qué actividades** ofrece su departamento de parques y recreación local en los parques locales, como exposiciones de arte de verano o conciertos que toda la familia pueda disfrutar.
- **Si tienes un jardín,** permita que los niños planten y rieguen su propio pequeño jardín. ¿No tiene jardín? El poner plantas en macetas para un balcón o ventana pueden ayudar a los jóvenes a aprender sobre el crecimiento de flores y plantas comestibles.
- **Nadar por la tarde es siempre un éxito, pero también lo es la diversión al aire libre en casa.** Los niños y sus amigos pueden jugar a la mancha, al escondite y otros juegos al aire libre.
- **Use un día lluvioso** para aprender a cocinar. Deje que sus hijos ayuden en la cocina preparando comidas y bocadillos saludables.
- **Fomente proyectos de arte.** Las cajas y latas vacías pueden convertirse en una ciudad imaginaria. Y los jóvenes pueden dibujar escenas de su verano y hacer un libro de recuerdos sobre sus aventuras.



***Nota:** Debido al tiempo de producción, es posible que este número no refleje la situación actual de COVID-19 en algunas o todas las regiones de los EE. UU. Para obtener la información más actualizada, visite coronavirus.gov.

7.2022

Mantenga la calma

Los días calurosos del verano están con nosotros y trabajar en el calor puede ser peligroso. Las enfermedades relacionadas con el calor a menudo pueden provocar un golpe de calor, el que puede ser mortal. Siga estos consejos para mantenerse fresco:

Considere la posibilidad de utilizar tecnología portátil para el estrés causado por el calor para monitorear el riesgo de enfermedades relacionadas con el calor. Sus sensores pueden realizar un seguimiento de la temperatura de la piel y la tasa de sudor en temperaturas altas o al aire libre.

Reconozca los síntomas del agotamiento por calor y tome medidas para refrescarse inmediatamente. Si tiene dolores de cabeza, náuseas, mareos, debilidad, confusión, irritabilidad, sed excesiva, sudoración intensa y una temperatura corporal superior a 100.4° F, vaya a un área fresca y beba agua.

Sepa cuáles son los síntomas del golpe de calor. Llame al 911 si un compañero de trabajo presenta alguno de estos síntomas: confusión, convulsiones, pérdida del conocimiento, temperatura corporal alta y no sudar. Mientras tanto, lleve a la persona a un lugar fresco, empape su ropa con agua fría y hielo, o quítele algo de ropa y coloque paños fríos y húmedos o hielo sobre el cuerpo de la persona.

Tome muchos descansos cuando haga calor. Busque la sombra o una instalación interior fresca y beba mucha agua. Beba alrededor de un cuarto de galón por hora. Evite la cafeína y el alcohol cuando haga calor.

Empiece a trabajar temprano antes de la parte más calurosa del día, si es posible.

Si puede, pida un horario de trabajo modificado para reducir su exposición al calor.



RANSOMWARE: Cómo protegerse

El ransomware, o secuestro de datos para cobrar rescate, ocurre cuando los piratas informáticos en línea toman su información como rehén, cifrándola, y luego exigen pago. Sin embargo, puede protegerse a sí mismo y a sus datos.

Protéjase contra el ransomware:

- ➔ Mantenga actualizadas todas sus aplicaciones, incluidos el sistema operativo, la seguridad, el entretenimiento y los productos de oficina.
- ➔ No haga clic en los enlaces ni descargue archivos adjuntos y aplicaciones a menos que usted los haya solicitado.
- ➔ Haga copias de seguridad de todos los archivos importantes en todos los dispositivos con frecuencia. Cuando termine, cierre la sesión en la nube y desconecte los discos duros externos.
- ➔ Suponga siempre que la red Wi-Fi pública no es segura y nunca acceda a su información personal o financiera mientras utiliza una red pública.



¿Qué debe hacer si es víctima de ransomware:

- ➔ Contenga el ataque desconectando todos los dispositivos infectados de su red.
- ➔ Elimine el malware y siga las instrucciones para restaurar su computadora (si ha hecho una copia de seguridad de los archivos).
- ➔ Reporte el ransomware a una oficina de campo del FBI o al Centro de Quejas de Crimen en Internet en ic3.gov.

Julio es el Mes de la prevención del robo de vehículos.

El final del camino para el robo de vehículos

Según la NHTSA, en el año 2019 se robó un vehículo motorizado cada 43.8 segundos en los Estados Unidos. No se convierta en una estadística. Proteja su vehículo poniendo en práctica estos consejos:

- ✓ **Nunca** deje su vehículo en marcha, incluso en su propia entrada.
- ✓ **Sea** consciente de su entorno. No se estacione en ningún área que parezca desolada o no segura.
- ✓ **Estacionese** en áreas bien iluminadas.
- ✓ **Cierre** y trabe todas las puertas y ventanas.
- ✓ **Liévese** las llaves consigo.
- ✓ **Nunca** deje objetos de valor en su vehículo, especialmente si pueden verse desde el exterior.
- ✓ **Considere** la posibilidad de instalar un dispositivo antirrobo, un sistema de alarma audible y/o un sistema inmovilizador del vehículo.





Seis maneras de prevenir incendios forestales

¿Sabía que los humanos causan aproximadamente el 90% de todos los incendios forestales? Una pequeña chispa puede prender un incendio forestal, especialmente en las zonas secas y aisladas por la sequía de nuestro país. Por eso es tan importante prestar atención a estos consejos:

1 Déjelos en las manos de profesionales.

Advertencia: Si decide utilizar fuegos artificiales, consulte las normativas locales, estatales y municipales y las condiciones de sequía antes de encenderlos. Tenga agua cerca.

2 Verifique siempre las condiciones meteorológicas y de sequía antes de hacer una fogata o usar una hoguera. Nunca encienda fuego cuando haya viento o si hay restricciones de sequía.



3 Construya su fogata en un lugar abierto lejos de material inflamable. Siempre tenga cerca una pala y un cubo de agua y asegúrese de que una persona responsable observe el fuego en todo momento.

4 Extinga todos los fuegos correctamente. Consejo: Utilice el método “sofocar, revolver y sentir”. Sofoque el fuego con agua y revuelva el área del fuego con una pala para humedecer las brasas y cenizas restantes. Mueva tierra sobre el lugar del fuego para sofocarlo completamente. Sienta el área con la parte posterior de la mano para asegurarse de que no haya nada que todavía esté ardiendo.

5 Mantenga los vehículos fuera de la hierba seca.

6 Mantenga el equipo y los vehículos en buen estado. No permita que nada (silenciadores, cadenas de remolque, etc.) se arrastre sobre el suelo. Mantenga los neumáticos inflados correctamente y mantenga los frenos.

Precauciones con la PRESIÓN

Si bien las lavadoras a presión, herramientas eléctricas que rocían agua a altas presiones, son especialmente útiles para limpiar edificios, aceras, caminos de entrada de vehículos y ciertos equipos, también conllevan muchos riesgos de lesiones. Principalmente, pueden causar daño corporal a usted o a los transeúntes debido al fuerte rocío o al golpe por objetos, como piedras que podrían convertirse en proyectiles peligrosos. También se pueden producir descargas eléctricas si no se siguen las instrucciones de seguridad. A continuación, se indican algunas precauciones que deben tomarse para evitar lesiones:



Lea las instrucciones de su lavadora a presión antes de utilizarla y sígala.

Nunca apunte la lavadora a presión hacia usted mismo u otras personas.

No intente mover objetos con el rocío de la lavadora.

LA ESQUINA DE LA SEGURIDAD

Signos de estos tiempos

Las señales y carteles de seguridad están ahí por una razón: para recordar a los trabajadores que eviten los peligros. Para ser eficaces, deben ser fáciles de entender y estar en lugares muy visibles. Según la Sociedad Americana de Profesionales de la Seguridad (American Society of Safety Professionals), hay tres maneras principales en que las señales y carteles pueden reducir los accidentes.

Lenguaje y mensaje

La serie ANSI/NEMA Z535 de normas establece requisitos para el diseño, aplicación y uso de señalización de seguridad, incluidos el tamaño de la señal y el texto, la distancia de visualización y la codificación de colores: señalización amarilla cuando hay peligros menores o moderados, naranja para peligros más graves y roja para los peligros más graves.

Ubicación

Las señales deben colocarse lo suficientemente cerca del peligro para que sean relevantes, pero deben estar lo suficientemente lejos como para que puedan verse antes del peligro real.



Uniformidad

Utilice letreros similares para peligros similares y asegúrese de que el mensaje sea consistente en todas las áreas en la que se usan las señales.

Enchufe la lavadora a presión correctamente conectada a tierra en un tomacorriente GFCI correctamente conectado a tierra.

Utilice solamente cables de extensión para servicio pesado apto para uso en lugares húmedos si necesita utilizar uno.

Use gafas de seguridad y zapatos cerrados con suela de goma cuando use la lavadora a presión.

Nunca use una lavadora a presión a gas en un espacio cerrado.

No permita que los niños usen la lavadora a presión.

Conecte el pestillo de seguridad cuando no esté rociando.

Apague la lavadora a presión y libere la presión apretando el gatillo antes de desconectar la manguera y la boquilla.