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Missouri Education Health Group



July Health Topics

The focus for July is Summer Wellness

Articles include:

- Test your knowledge of sun related illness
- Stay cool when exercising
- Help your kids play it safe in the heat

Safety Tips for the 4th of July

Right Care, Right Place, Right Savings

UnitedHealthcare United At Work Podcasts



Summer Wellness

Inside This Issue:

- Test your knowledge of sun related illness
- Stay cool when exercising
- Help your kids play it safe in the heat

[Turning Up the Heat: How Sun-Smart Are You?](#)

Test your knowledge of sun-related illnesses by taking this quiz.

What's your sun IQ? Take our quiz to find out.

True or false? (See answers below)

1. You do not need to use sunscreen if you will be staying in a shaded area.
2. You will get sunburned faster if you are in the water.
3. Disease-causing bacteria grow more rapidly on lukewarm food than cold - and can more readily result in food poisoning.
4. Sun exposure is considered the single greatest risk for developing skin cancer.
5. Skin cancer affects only light-skinned people.
6. The sun's strongest rays occur between 10 a.m. and 4 p.m.
7. If you are in good health and your doctor has not restricted how much fluid you should have, you should drink at least 16 to 32 ounces of water an hour to adequately replace fluids when working in a hot environment.
8. Certain over-the-counter and prescription medications can increase your sensitivity to the sun.

Answers

1. You do not need to use sunscreen if you will be staying in a shaded area.
FALSE: Ultraviolet rays will still reach you. Also, there is strong evidence that more UV rays are filtering through because of the depletion of the earth's ozone layer.
2. You will get sunburned faster if you are in the water.
TRUE: Water reflects sunlight, so you will get added exposure to your head, shoulders and any other areas that remain uncovered while you are swimming.
3. Disease-causing bacteria grow more rapidly on lukewarm food than cold - and can more readily result in food poisoning.
TRUE: The bacteria that cause food poisoning thrive in temperatures between 40 degrees and 140 degrees. Prepared foods are safe in that zone for about two hours. The same foods are considered safe only for one hour if the temperature rises above 90 degrees.
4. Sun exposure is considered the single greatest risk for developing skin cancer.
TRUE: About 1 million Americans are diagnosed with skin cancer each year and the increasing trend is blamed on exposure to solar rays.
5. Skin cancer affects only light-skinned people.
FALSE: Although skin cancer is more common among light-skinned persons, it is not unheard of in people who have dark complexions.
6. The sun's strongest rays occur between 10 a.m. and 4 p.m.
TRUE: Stay inside and keep young children out the sun as much as possible during these times.
7. If you are in good health and your doctor has not restricted how much fluid you should have, you should drink at least 16 to 32 ounces of water an hour to adequately replace fluids when working in a hot environment.
TRUE: Your body sweats to cool itself. The only way to replace those lost fluids is to drink more water.
8. Certain over-the-counter and prescription medications can make you more sensitive to the sun.
TRUE: Even short exposure to the sun can result in burning if combined with certain medications. These include some antibiotics, such as tetracycline; certain diuretics; and some non-steroidal anti-inflammatory drugs, such as ibuprofen, naproxen and ketoprofen.

Tips for Staying Cool When Exercising in the Summer Heat

Learn how to stay safe while exercising in the outdoor heat.

It's time to take your winter treadmill routine outdoors to the parks. The days are long and warm. The trails radiate heat. Summer is here and you're prepared to sweat! But before you lace up your running shoes, read these eight tips to keep your cool.

Safety tips

Heat-related illness is serious. But that doesn't mean you're doomed to a summer spent exercising in the air-conditioned gym. Learn these safety tips before you step out in the sun:

1. **Exercise in the early morning or late evening hours.** The temperature is the coolest at this time. Avoid exercising midday because it's the hottest part of the day.

2. **Drink up!** Do not wait until you are thirsty to start hydrating. Drink two to four glasses of water each hour. If you are exercising for an extended period of time, drink a sports beverage to replace the salt and minerals you lose through sweat. If you are on diuretics or a low-salt or fluid-restricted diet, talk to your doctor first about your specific fluid needs.
3. **Wear lightweight, loose-fitting clothing.** Consider dressing in clothes made with moisture-wicking fabric.
4. **Protect yourself from the sun.** Wear a hat, sunglasses and sunscreen with an SPF 15 or higher. Try to exercise in the shade. Play tennis on a court shaded by the trees or take a walk in a wooded park.
5. **Rest early and often.** Take breaks in shady areas.
6. **Gradually get used to the heat.** It takes seven to 10 days for your body to adapt to the change in temperature. Start by exercising for short time, at a low intensity. Save long, hard workouts until after you're acclimated to the summer air.
7. **Mind the weather.** Do not exercise on the hottest days. Keep an eye on the heat index. The heat index is a calculation of the temperature and humidity. It measures "how hot it really feels" outside:
 - Heat index 80 to 90 degrees: fatigue during exercise is possible. Heat exhaustion is a possibility even at these temperatures.
 - Heat index of 90 to 105 degrees: heat cramps and heat exhaustion or heat stroke are possible.
 - Heat index of 105 or higher: heat exhaustion is likely and heat stroke is possible.

Be cautious when the heat index gets above 80 degrees. Consider working out indoors. Walk around a shopping mall or do a workout DVD in your air-conditioned home.

Stop if you don't feel well. If you have any of the warning signs of heat-related illness, stop your workout right away.

How the heat hurts you

We each have our own personal air-conditioning system inside our bodies. When we get hot, we sweat. Perspiration is our body's way of cooling off. As sweat evaporates, our body releases heat. But when you get extremely hot, sweat doesn't evaporate. The body then has to work extra hard to keep its temperature down. In time, our body will be unable to rid itself of the excess heat. This leads to a high body temperature and heat-related illness.

Recognize warning signs

The heat can take its toll on your body and make you sick. Heat-related illness can even be life-threatening. Learn how to spot signals of heat-related illness. They range from cramps to muscle spasms due to lost nutrients to more serious signs like dizziness or fainting.

Heat exhaustion is a warning sign that your body cannot keep itself cool. **Stop exercising right away.** Heat exhaustion is dangerous and may lead to heat stroke. Symptoms include:

- Weakness
- Dizziness
- Confusion or disorientation
- Headache
- Cramps
- Nausea or vomiting
- Dehydration

Heat stroke is life-threatening. **Stop exercising right away and call 9-1-1** for any of the following symptoms:

- Unusual behavior, hallucinations or confusion
- Fainting
- Seizures
- Fever of 104 degrees F or greater

Seek immediate medical attention if the person:

- Is vomiting and unable to keep fluids down
- Has dizziness or lightheadedness
- Looks very ill or is not getting better

Heat illness is more likely to occur in people who

- Are 65 or older
- Have chronic illnesses
- Are pregnant

Always check with your doctor before you take your exercise routine to the great outdoors.

[Sunburn and Heat Stress: Help Your Kids Play It Safe](#)

Kids love to be outdoors during the summer, but the sun and heat can pose serious dangers. Learn how to protect your children from intense summer weather.

Summertime means more time to play outdoors. It also means parents should be extra careful keeping kids healthy in the sun and heat. Children will have a much happier summer if they avoid heat stress and too much sun.

Sunburn

To prevent sunburn, consider your child's age:

- **Keep babies under 6 months of age out of the sun.** Dress infants in lightweight long pants, long-sleeved shirts and brimmed hats that shade the face and neck. If you cannot keep your child covered and in the shade, sunscreen can be used, according to new recommendations by the American Academy of Pediatrics.
- **Test a small area of skin** before applying sunscreen and watch for any reaction.
- **Call your doctor at once if your baby gets sunburned** and is younger than 1 year of age. Severe sunburn is an emergency.

All parents should:

- **Apply sunscreen** at least 30 minutes before your kids go outside, even on cloudy days. Use an SPF of at least 15. Make sure it is water resistant or waterproof. Reapply sunscreen every two hours and after swimming or sweating.
- **Cover them up.** Make sure your children wear hats with three-inch brims or bills facing forward. Dress them in clothes made of cotton with a tight weave. Have them wear sunglasses that block 99 percent to 100 percent of ultraviolet rays.
- **Keep kids in the shade whenever possible**, and limit their sun exposure between 10 a.m. and 4 p.m.
- **Use extra sun protection near water and sand.** They reflect ultraviolet rays and may cause your child to burn more quickly.

Heat stress

When kids are busy playing on a hot summer day, they lose a lot of fluids.

Children's bodies are more sensitive to heat stress than adults'. This can put them at risk for heat-related illnesses. To prevent dehydration and overheating, do the following:

- **Make sure children are well hydrated before they begin a prolonged activity.** Also make sure they drink *during* play. Have younger kids drink 5 ounces of cool tap water or flavored sports drink every 20 minutes. Children or teens weighing 130 pounds or more should drink 9 ounces, even if they don't feel thirsty.
- **Have them wear light-colored, lightweight clothing** with no more than one layer of absorbent material. This allows sweat to evaporate and cool the body. Have kids change out of sweaty garments and into dry clothes.
- **Shorten practices and games** when temperatures are higher than 75 degrees. Make sure children take frequent water breaks.
- **Shorten activities lasting 15 minutes or longer** whenever heat and humidity reach high levels.
- **Let your child get used to the heat.** When starting a strenuous exercise program or visiting a warmer climate, limit the intensity and length of activity. Gradually increase it over the next 10 to 14 days.



Safety Tips For 4th of July Holiday

It's time for Fourth of July celebrations – fireworks, a backyard barbecue, maybe a trip to the beach. Whatever people have planned, the American Red Cross wants them to enjoy their holiday and has steps they can follow to be safe.

FIREWORKS SAFETY The safest way to enjoy fireworks is to attend a public fireworks show put on by professionals. Stay at least 500 feet away from the show. Many states outlaw most fireworks. If someone is setting fireworks off at home, they should follow these safety steps:

- Never give fireworks to small children, and always follow the instructions on the packaging.
- Keep a supply of water close by as a precaution.
- Make sure the person lighting fireworks always wears eye protection.
- Light only one firework at a time and never attempt to relight "a dud."
- Store fireworks in a cool, dry place away from children and pets.
- Never throw or point a firework toward people, animals, vehicles, structures or flammable materials.
- Leave any area immediately where untrained amateurs are using fireworks.

GRILLING SAFETY Every year people in this country are injured while using backyard charcoal or gas grills. Follow these steps to safely cook up treats for the backyard barbecue:

- Always supervise a barbecue grill when in use.
- Never grill indoors – not in your house, camper, tent, or any enclosed area.
- Make sure everyone, including the pets, stays away from the grill.
- Keep the grill out in the open, away from the house, the deck, tree branches, or anything that could catch fire.
- Use the long-handled tools especially made for cooking on the grill to keep the chef safe.
- Never add charcoal starter fluid when coals have already been ignited.
- Always follow the manufacturer's instructions when using grills.

BEACH SAFETY If someone's visit to the shore includes swimming in the ocean, they should learn how to swim in the surf and only swim at a lifeguarded beach, within the designated swimming area. Obey all instructions and orders from lifeguards. Other safety tips include:

- Keep alert for local weather conditions. Check to see if any warning signs or flags are posted.
- Swim sober and always swim with a buddy.
- Have young children and inexperienced swimmers wear a Coast Guard-approved life jacket.
- Protect the neck – don't dive headfirst. Walk carefully into open waters.
- Keep a close eye and constant attention on children and adults while at the beach. Wave action can cause someone to lose their footing, even in shallow water.
- Watch out for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants and leave animals alone.

RIP CURRENTS Rip currents are responsible for deaths on our nation's beaches every year, and for most of the rescues performed by lifeguards. Any beach with breaking waves may have rip currents. Be aware of the danger of rip currents and remember the following:

- If someone is caught in a rip current, swim parallel to the shore until out of the current. Once free, they should turn and swim toward shore. If they can't swim to the shore, they should float or tread water until free of the rip current and then head toward shore.
- Stay at least 100 feet away from piers and jetties. Permanent rip currents often exist near these structures.

SUN PROTECTION Limit exposure to direct sunlight between 10 a.m. and 4 p.m., and wear a broad-spectrum sunscreen with a protection factor of at least 15. Reapply sunscreen often. Remember to drink plenty of water regularly, even if not thirsty. Avoid drinks with alcohol or caffeine in them. Protect the eyes by wearing sunglasses that will absorb 100 percent of UV sunlight. Protect the feet - the sand can burn them and glass and other sharp objects can cut them.

During hot weather, watch for signs of heat stroke—hot, red skin; changes in consciousness; rapid, weak pulse; rapid, shallow breathing. If it's suspected someone is suffering from heat stroke:

- Call 9-1-1 and move the person to a cooler place.
- Quickly cool the body by applying cool, wet cloths or towels to the skin (or misting it with water) and fanning the person.
- Watch for signs of breathing problems and make sure the airway is clear. Keep the person lying down.

Right care. Right place. Right savings.



With many options for getting care, how do you choose? This chart can help you understand where to go for what – and how you can save money.

Where to get care	What it is	Type of Care	Cost
NurseLineSM 	NurseLine SM connects you with registered nurses 24/7: 1-877-440-0547 .	<ul style="list-style-type: none"> Choosing appropriate medical care Finding a doctor or hospital Understanding treatment options Achieving a healthier lifestyle Answering medication questions 	No additional cost
Virtual Visit 	A virtual visit lets you see a doctor via your smartphone, tablet or computer.	<ul style="list-style-type: none"> Allergies Bladder infections Bronchitis Cough/colds Diarrhea Fever Pink eye Rashes Seasonal flu Sinus problems Sore throats Stomach aches 	\$
Convenience Care Clinics 	Visit a convenience care clinic when you can't see your doctor and your health issue isn't urgent. These clinics are often in stores.	<ul style="list-style-type: none"> Common infections (e.g. strep throat) Minor skin conditions (e.g. poison ivy) Vaccinations Pregnancy tests Minor injuries Ear aches 	\$\$
Primary Care Physician 	Go to a doctor's office when you need preventive or routine care. Your primary doctor can access your medical records, manage your medications and refer you to a specialist, if needed.	<ul style="list-style-type: none"> Checkups Preventive services Minor skin conditions Vaccinations General health management 	\$\$
Urgent Care 	Urgent care is ideal for when you need care quickly, but it is not an emergency (and your doctor isn't available). Urgent care centers treat issues that aren't life threatening.	<ul style="list-style-type: none"> Sprains Strains Small cuts that may need a few stitches Minor burns Minor infections Minor broken bones 	\$\$\$
Emergency Room 	The ER is for life-threatening or very serious conditions that require immediate care. This is also when to call 911.	<ul style="list-style-type: none"> Heavy bleeding Large open wounds Sudden change in vision Chest pain Sudden weakness or trouble talking Major burns Spinal injuries Severe head injury Breathing difficulty Major broken bones 	\$\$\$\$

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Maintaining a healthy weight

You know the importance of achieving and maintaining a healthy weight. What you may not realize is that your metabolism slows down as you age. Your body uses fewer calories for energy, causing any extra calories to be stored as fat. This makes it harder to stay at a healthy weight. Try these tips to help you keep the weight off.

In your 30s

Beginning in your 30s, your metabolic rate decreases about five percent every 10 years. Muscle loss reduces your ability to burn calories, slowing your metabolism. One of the most important ways to maintain your weight — and build up your muscles — is through strength training. Dumbbells or resistance bands are good tools for strength training at home. If you can work your major muscle groups just two times a week, you may be able to restore five to 10 years of muscle loss within a few months. The U.S. Dietary Guidelines recommend that average, healthy people should aim for at least 150 minutes a week of moderate-high intensity aerobic activity.

In your 40s

After age 40, it can become even more challenging to stay at a healthy weight. You're eating the same amount of calories you did when you were younger. You're exercising just as much. So, why are your pants fitting more tightly?

To maintain a healthy weight, you may need to reduce your calorie intake, exercise more — or both. It's important to eat a balanced diet with vitamin- and nutrient-rich foods. These types of foods include whole-grain breads and cereals, antioxidant-rich foods such as salmon and plenty of fruits and vegetables, and calcium-rich foods like low-fat yogurt and cheese. In addition to strength training at least twice a week, aim to get cardio exercise on most days of the week.

In your 50s and beyond

When you reach your 50s, nutrients may be absorbed less efficiently. Proper nourishment with fiber-rich foods can help keep your weight in a healthy range. Oats, beans, fruits and vegetables are good sources of fiber. Again, try to include aerobic activity into your schedule on most days of the week. Walking, swimming and golfing are all great ways to keep moving. Don't forget about strength training, too! The Centers for Disease Control and Prevention also recommend flexibility exercises, such as stretching, yoga and tai chi, for older adults.

At any age

- **Eat enough calories.** Too few calories can cause your metabolism to slow.
- **Don't skip breakfast.** This may cause your resting metabolic rate to decrease up to five percent.
- **Avoid high-fat and processed foods.** In addition to plenty of fruits and vegetables, include some healthy fats, such as avocados and nuts, in your diet.
- **Drink adequate amount of water or other fluids to stay well hydrated.**
- **Eat a variety of foods.** Remember to watch portion sizes.
- **Get regular exercise.** Adults should aim for two hours and 30 minutes a week of moderate-intensity aerobic activity, one hour and 15 minutes each week of vigorous intensity aerobic activity or a combination of the two. Additionally, strength training on two or more days a week is also recommended. Any amount of exercise is helpful and you can even break up your activity into 10-minute sessions.

Remember to always check with your doctor before starting an exercise program, especially if you're age 40 or older, have been inactive for a while or have a chronic health condition or osteoporosis.

We are available 24 hours a day, seven days a week.

Care24SM



For more information, call:

888-887-4114

myuhc.com

TTY callers, please call 711 and ask for the number above.

The services should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the services is for informational purposes only and provided as part of your health plan. Wellness nurses, coaches and other phone representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The services are not an insurance program and may be discontinued at any time.

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Healthy Recipe: Grilled Tuscan Chicken with Arugula and Tomatoes

Ingredients

- 4 boneless, skinless, chicken breasts
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- Cooking spray
- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 small shallot, finely minced
- 4 cups arugula
- 2 ripe beefsteak tomatoes, diced
- 2 tablespoons freshly grated Parmesan cheese



Directions

1. Prepare grill or griddle to medium high heat.
2. Place chicken breast between 2 sheets of plastic wrap; pound each piece to ½-inch thickness with meat mallet or rolling pin.
3. Season chicken with salt and pepper.
4. Place chicken on grill or griddle then coat with cooking spray; grill chicken 4-5 minutes per side or until done.
5. Whisk lemon juice, shallots and olive oil; drizzle over arugula and toss well to coat.
6. Place grilled chicken on plate, top with 1 cup arugula and ¼ of tomatoes.
7. Garnish with Parmesan cheese.

Nutritional information per serving

Calories: 259

Calories from fat: 99

Fat: 11g

Saturated Fat: 3g

Cholesterol: 76mg

Sodium: 401mg

Carbohydrate: 6g

Dietary Fiber: 1g

Sugars: 3g

Protein: 33g

Source: Kathleen Zelman, MPH, RD

UnitedHealthcare

United At Work Podcasts



At UnitedHealthcare, our mission is to help people live healthier lives. That’s why we offer United At Work, a health and wellness podcast series. Available 24/7, United At Work podcasts were created to educate, to increase health risk awareness and to encourage healthy behaviors.

Podcast Name/Link	Description
Aging Well	This presentation will review common problems in addition to changes typically associated with the aging process. Also provided are tips to minimize the effects of aging.
Back for Health	Back pain is one of the most common reasons for “sick days” and the second most common reason for doctor visits.* This podcast teaches how to take better care of the spine. It includes an overview of back anatomy, common causes of back pain, the role of safe lifting as well as information on UnitedHealthcare resources that are available to assist with back health. *www.acatoday.org
Choosing Care	The goal of the Choosing Care podcast is to help individuals gain a better understanding of options for care settings, the services offered and the associated costs to better assist them in making informed decisions about their health care.
Dietary Guidelines	The new Dietary Guidelines focus on weight management to address the prevention of a broader range of diet-related chronic diseases including type 2 diabetes, heart disease and some cancers. This presentation will also cover the five guidelines for achieving a healthy eating pattern.
Eating Mediterranean	Eating Mediterranean covers the potential health benefits of the Mediterranean diet and lifestyle. Meal plans and recipes are also incorporated in this podcast.
Get Up & Go	This fitness podcast highlights the many benefits that may result from daily physical activity and gives helpful hints for becoming more active.
Healthy Heart	This podcast includes an overview of the functions of the heart, risk factors for developing heart disease and warning signs of a heart attack. Also highlighted are key components of a healthy lifestyle which may help prevent heart disease.
Keeping a Healthy Mouth	This podcast provides information on the connection between physical and oral health as well as recommendations for oral health hygiene. Additional objectives include understanding the link between oral health and medical claims, learning the signs and symptoms of gum disease and understanding how certain foods may affect teeth and gums.
Know Your Health Numbers	This presentation explains not only why it is important to know your health numbers, but also addresses ways that may help to improve them.

Podcast Name/Link	Description
Leaner Ways for the Holidays	This podcast provides strategies to help avoid holiday weight gain, cope with tough economic times, reduce holiday stress and keep the holiday cheer.
Living Tobacco-Free	Tobacco use contributes to an increased risk of many serious health conditions and diseases – not just for the user, but also for those who may be exposed to second-hand smoke.* This podcast is for those who want to quit and for those who want to support someone who is trying to quit. * www.betobaccofree.gov
Men’s Health	The goals of this podcast are to help men make more informed health decisions and to educate everyone about differences between men’s and women’s health care needs.
Mindful Eating	The goal of the Mindful Eating podcast is to educate individuals on mindfulness and applying this concept when preparing foods and while enjoying their meals. Participants will learn to be aware of physical hunger, recognize sensations of fullness, understand environmental cues and triggers around eating and create a personal hunger scale to help achieve success with mindful eating.
Office Ergonomics	Do you know where and how you sit at work can have a big impact on your body, your health and your life? This program addresses ways to maximize workstation comfort and includes tips to help make the work environment ergonomically efficient.
Preventing Colds and Flu	This podcast includes an overview of the common cold and flu symptoms and explores the differences between these two illnesses. Preventive measures, flu vaccination facts and myths, and treatment options are also discussed.
Sleep for Health	This podcast teaches the basic science of sleep, the potential health risks associated with getting too little sleep, the benefits of getting better sleep and practical steps that may improve sleep habits.
Smart Choices	Smart Choices provides information to help individuals make more informed health-related decisions. The podcast highlights the characteristics of an informed health care consumer and teaches participants the benefits of a healthy lifestyle.
Soothing Stress	Soothing Stress is designed to help participants identify personal sources of stress and teaches them how to manage or reduce everyday stress in their lives. This podcast also provides information on available professional resources.
Stages of Women’s Health	This podcast addresses the key health concerns for women at each stage of life and offers a checklist of steps to improve and protect their health during each phase.

Podcast Name/Link	Description
Stand for Health	Studies have shown there may be a connection between being sedentary and a variety of health problems including heart disease, blood clots, obesity, higher blood sugar and insulin resistance, poor physical functioning and early death. This podcast provides information on the risks of a sedentary lifestyle along with practical tips to get participants moving more during the day.
Strength4Health Basics	Including resistance exercises into your daily routine may help improve the quality of your life and reduce your risk for illness. This presentation covers the many health benefits of resistance exercise.
Strength4Health Advanced	This presentation builds upon the information from the Strength4Health Basics presentation by covering how muscle building works and how resistance training may boost metabolism. The strength continuum and injury prevention are also highlighted.
Stretch4Health	Flexibility is an important component of physical activity and should be incorporated into your physical fitness plan. Listen to this presentation to learn the benefits of stretching as well as the techniques for stretching properly.
Sun Safety	Skin cancer is the most common cancer – but there are a number of things you can do to protect yourself. This podcast focuses on the prevention of sun and heat related illnesses.
The Five Fundamentals of Financial Well-Being	80% of people working full-time say they have financial stress. The goal of this podcast is to help individuals better understand “financial well-being“, learn the signs of financial distress, understand the negative impact financial stress has on overall health and learn the five fundamentals of financial well-being.
Understanding Blood Pressure	High blood pressure puts you at risk for many health problems and it is one of the leading contributors to escalating health care costs. This podcast may help you understand how to lower your risk for developing high blood pressure.
Understanding Diabetes	This podcast provides basic awareness and understanding of diabetes. Participants will learn the differences between Type 1, Type 2, gestational diabetes and prediabetes. They will also learn about the lifestyle choices that may place them at risk and steps they can take to help prevent Type 2 diabetes.
Understanding Preventive Care	Preventing disease and detecting health issues at an early stage is essential to living a healthy life. This podcast educates individuals about regular check-ups and recommended screenings themselves for and family members.