

SWARM

Newsletter

Safety, Wellness and Risk Management • July/ August 2016 • WRC Senior Services

The WRC Hydration Challenge is Back!

Another great way to engage in moving towards your wellness goals! You will receive your copy of the challenge and the rules that apply very soon! The Challenge is easy and fun and there are prizes to be won!



Watch your paycheck for your Hydration Challenge tracker and start hydrating!



2016 Wellness Rewards Program

Congratulations to everyone who has completed the 2016 Wellness Rewards! If you have completed both the online portion and the biometric screening, your \$150 will be paid this month!

YOU CAN STILL JOIN IN!!!

This years program goes until September!
All you need is your **Highmark Associate Member Information** and you can register on line at www.highmarkbcbs.com
(call 220-2123 if you need help)

Then get Physician Derived biometric screening results by getting the paperwork from Integrated Health Company and seeing your physician.

Call 800-451-6889 (M – F 8:30 to 5) for the paperwork
Lab results between 1/1/16 and 6/31/16 are acceptable.

Take advantage of the opportunity to work towards a healthier you and a \$150 reward!

DRINKING WATER

at the correct time
maximizes its effectiveness
on the human body

2 GLASSES AFTER WAKING UP
helps activate internal organs

1 GLASS 30 MINS BEFORE A MEAL
helps digestion

1 GLASS BEFORE TAKING A BATH
helps lower blood pressure

1 GLASS BEFORE GOING TO BED
avoid stroke & heart attack



Live life, Love life
- Yunny Versace

Why not give yoga a try???

Yoga is not a recent trend, nor is it a religion. Yoga is a systematic, ancient approach to health and well being. Yoga tones and relaxes the entire system while bringing the mind and body into perfect balance. The goal of Yoga can be summarized in three words: easeful, peaceful and useful. If you are physically easeful and mentally peaceful, then you will be useful to humanity. That is the aim of Yoga.

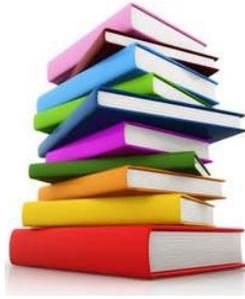
Namaste



Get a little summer Reading In!

Why should you read?

1. Increase your smarts
2. Reduce your stress
3. Find tranquility
4. Become a thinker
5. Increase vocabulary
6. Improve your memory
7. Improve your writing skills



Want to keep track of the books you have read or want to read? Need a reading challenge? Check out these web sites and apps that can help.



Good Reads

Book Tracker



I am committed to WRC
 Basics for Excellence
 Professionalism, Responsibility,
 Innovation, Dedication, Excellence
 I am WRC P.R.I.D.E.

Want to save a little bit more money?

- Make your lunch at home
- Stay Healthy—no doctors bills!
- Quit buying bottled water
- Unplug things you are not using
- Cash in loose change
- Stop buying fancy coffee drinks



For more tips go to www.feedthepig.org

American Safety Council

WHAT IS SPF?

SPF stands for SUN PROTECTION FACTOR.

The average light-skinned person can stay in the sun with no sun protection for



FIFTEEN MINUTES

before starting to burn.

SPF is a multiple of this number to determine how long you can stay outside using sunscreen.

SPF 15 x 15 minutes = 225 minutes

SPF 30 x 15 minutes = 450 minutes

SPF 50 x 15 minutes = 750 minutes

SPF 100 x 15 minutes = 1500 minutes

REAPPLY every two hours due to sweat and swimming!

Higher SPF also filters more

UVB RAYS



SPF 15 blocks 93% of UVB rays
 SPF 30 blocks 97% of UVB rays
 SPF 50 blocks 98% of UVB rays
 SPF 100 blocks 99% of UVB rays

For best results, use a

BROAD SPECTRUM

sunscreen which protects against both UVA and UVB rays.