

STEP INTO WELLNESS



Diocese of Palm Beach
2022 Healthiest Employers Award Honoree



July Is UV Safety Awareness Month

THE SUN'S UV RAYS ARE STRONGEST WHEN...
...YOUR SHADOW IS SHORTER THAN YOU

MIDDLE OF THE DAY 11AM – 3PM



Summer has arrived and while the sun is shining bright it's a golden time to highlight July as UV Safety Awareness Month!

We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun.

The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:

- UV-B rays have short wavelengths that reach the outer layer of your skin
- UV-A rays have longer wavelengths that can penetrate the middle layer of your skin

By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely.

Here are the harmful things unprotected sun exposure can do:

- Cause vision problems and damage to your eyes
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer

Fortunately, there are things you can do to minimize the risk that comes with sun exposure.

1. Cover Up: Wearing a Hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and Sunglasses - for eye protection.

2. Stay in the Shade: The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.

3. Choose the Right Sunscreen: This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.

4. Use the Right Amount of Sunscreen: According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By taking the proper precautions and following this advice you and your loved ones can enjoy the sun. If you are having any problems after being in the sun, be sure to talk to your healthcare provider.

Enjoy the outdoors this summer and remember to protect your eyes and the skin you're in!

https://www.va.gov/qualityofcare/education/uv_safety_awareness_month.asp

July 2022

In this issue:

- UV Safety Awareness Month
- Who Wore Blue?
- Summer Safety Tips
- July Happenings
- July Webinars
- Know Your Benefits— FREE OTC Prescriptions
- 2022 Wellness Expos

Who Wore Blue?

To acknowledge Men's Health Month in June, St. Joan of Arc Parish donned their blue and provided the wonderful photo below!



Celebrated each year during June, Men's Health Month brings awareness to the health issues all men face. Hosted by Men's Health Network since 1992, the month is dedicated to enriching men's health and wellness through a broad spectrum of national screening and educational campaigns.

Men's Health Month is an annual observance aimed at raising awareness of preventable health problems and encouraging early detection and treatment of disease among men and boys.

Summer Safety Tips From Florida Blue

Sun Safety

Drink lots of water to stay hydrated
 Use broad spectrum sunscreen SPF 15 and higher
 Use at least a shot glass full of sunscreen and apply generously
 Reapply sunscreen every two hours
 Protect your skin by wearing a hat, sunglasses and protective clothing, and take shade breaks

Recreational/Sports Safety

Know your limits
 Wear protective gear (shin guards, helmet, etc.)
 Warm up before you begin physical activity

Water Safety

Wear a life jacket
 Know how to swim
 Supervise children while they swim
 Learn how to perform CPR



Bites and Stings

Wear insect repellent
 Drain any standing water that has accumulated in your yard
 Wear a long sleeve T-shirt and pants to cover up your skin

Types and Symptoms of Heat Illnesses

Dehydration - Headaches, fatigue, increased thirst, less urine output, and/or dry mouth.

Heat Cramps - Cramps in limbs and/or stomach, excessive sweating, thirst.

Heat Exhaustion - Headaches, weakness, dizziness, loss of appetite, nausea, chills, rapid breathing, tingling of hands and feet, confusion.

Heat Stroke - hot and dry skin, weakness, dizziness, confusion, headaches, seizures, nausea, breathing problems, loss of consciousness.

Prevention

Drink water frequently to stay hydrated. Wear lightweight, loose clothing and a hat that covers your neck and face. Take frequent breaks in the shade.

NEVER leave children, pets, elderly in unattended cars. Double check your car before leaving.

Treatment

Drink fluids immediately; move to a shaded area; loosen clothing; pour water on exposed skin and fan to cool; elevate legs, and be sure to seek medical care if symptoms continue.

Heat stroke is a medical emergency, so be sure to call 911 for assistance.

July Happenings Calendar

July 1 - 31	UV Safety Awareness Month
July 1 - 31	Healthy Vision Month
July 1 - 31	Sarcoma Awareness Month (Sarcoma is the general term for a broad group of cancers that begin in the bones).
July 1 - 31	Juvenile Arthritis Awareness Month
July 4	Independence Day
July 28	Wellness Expo—St. Ignatius Loyola



Healthy Habits For Busy People Webinar Tuesday, July 12th at 1:00pm

For many people busy juggling work and life, maintaining good health can be challenging. Join us for a live webinar to review 6 healthy habits for optimal well-being, discuss the science of creating habits as the building blocks of healthy behavior, and pause to consider ways to minimize busy-ness. You'll leave with a simple action plan to keep you moving in the direction of your goals.

For this program, here is the short link: bit.ly/3QHcpaC



Ask the Dietician Live Webinar Wednesday, July 20th at 1:00 pm

In this month's Ask the Dietitian live webinar, Lauren Dimitrov, a registered dietitian nutritionist with Florida Blue, will talk about how the foods you choose to eat and what time you eat impacts your sleep cycle. After a short presentation, Lauren will answer your questions during live Q&A.

Don't miss this opportunity to get your questions answered.

For this program, here is the short link: bit.ly/3OkNI11

Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at cwaring@diocesepb.org or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at smaulden@diocesepb.org or 561-775-9574. Be sure to visit the wellness web page at www.diocesepb.org/wellness for helpful links and information.

FREE PRESCRIPTIONS AVAILABLE



Certain Over-The-Counter (OTC) medications (listed below) are covered by your prescription benefit plan for a \$0 copay. OTC medications do not legally require a prescription, but to have OTC medications covered under your prescription drug benefit plan, you must obtain a written prescription from your doctor and present it to a pharmacist to be filled. The prescription must indicate OTC for you to receive it for a \$0 copay.

Remember, your doctor is the most qualified person to choose the appropriate medicine for you. Ask your doctor about the OTC alternatives below to find out if they are right for your treatment plan. **The following steps may help you to save money on current prescriptions in the therapeutic classes listed below:**

- Tell your doctor that your benefit plan has coverage of the OTC products below.
- If your doctor is comfortable in moving your treatment to an OTC medication, obtain a written prescription from your doctor for the OTC medication. Ask the doctor to indicate “Over-The-Counter” or “OTC Version” on the written prescription.
- Take the OTC prescription to a pharmacy to have it filled, make sure to tell the pharmacist or pharmacy technician that your benefit plan covers certain OTC items.

The following OTC medications are covered by your Diocese of Palm Beach Prescription Benefit Plan at a \$0 copay:

Gastrointestinal Medications (Proton Pump Inhibitors):

Prilosec OTC (20mg)
Omeprazole OTC (20mg)
Prevacid 24HR OTC (15mg)
Zegerid OTC
Nexium OTC
Pantoprazole (Protonix)
Lansoprazole (Prevacid)
Rabeprazole (Aciphex)
Omeprazole (Prilosec)
(Including all Generic or Store Name versions)

Allergy Medications:

Allegra /D OTC & Fexofenadine /D OTC
Claritin /D OTC & Loratadine /D OTC
Zyrtec /D OTC & Cetirizine /D OTC
Pseudoephedrine OTC
(Including all Generic or Store Name versions)

2022 Employee Health, Wellness and Safety Expos!

Below are the locations and dates for the 2022 Employee Health and Wellness Expos. For those who have not attended one of the events in the past, we have professionals from Health Designs who will take your blood pressure, glucose and cholesterol. **The screenings are free! Now is the time to mark your calendars and select your destination for the upcoming 2022 Health, Wellness and Safety Expos coming to a location near you!**

All employees are encouraged to attend and participate as this is a diocesan sponsored event.

Both full time and part time staff are invited.

If there is not an event scheduled at your specific work site, you are warmly invited to attend one that is most convenient for you and your staff members.

Please share these dates with **ALL** of your staff. You do not have to stay for the entire period of time that the Expo is running. If coverage is an issue, plan to rotate in specific blocks of time so everyone at your school or parish have a chance to attend. You can even carpool in groups. [You do not have to be covered by diocesan health insurance to participate.](#)

By taking advantage of one of the Expos and biometric screenings, you will earn a \$50 gift card. All you have to do is attend one of the events and get your biometrics completed (one little finger stick) AND complete the health assessment. You will get your results in a matter of minutes (blood pressure, cholesterol, LDL, glucose, and triglycerides).

To schedule your **biometric screening please** use the online **Pick A Time Scheduler** to select the health fair location and time you wish to select for your screening. **YOU CAN BEGIN SELECTING YOUR TIME NOW!** - Be sure to [TYPE the link address into your browser window](#)—Do not click on the link in the PDF. The online link address is:

<https://pickatime.com/DOPBHealthscreeningschedule>

HEALTH, WELLNESS AND SAFETY EXPO DATES AND LOCATIONS

Entry will only be allowed for those who have made appointments for the biometric screenings. No walk in screenings.

July 28 – Cathedral of St. Ignatius Loyola Parish Hall,	9:30 AM – 2:00 PM	9999 North Military Trail, PBG
Aug 2 – St. Joan of Arc Sports Arena,	11:30 AM – 3:30 PM	501 SW 3rd Ave, Boca Raton
Aug 4 – All Saints Catholic School Cafeteria,	9:30 AM – 1:30 PM	1759 Indian Creek Parkway, Jupiter
Aug 9 – St. Anastasia Parish Hall,	11:30 AM – 3:00 PM	401 S 33rd St., Ft. Pierce
Oct 7 – St. Helen School Gymnasium,	1:00 PM – 3:00 PM	2050 Vero Beach Ave., Vero Beach
Oct 12 – Cardinal Newman HS Café,	1:00 PM – 4:00 PM	512 Spencer Dr., West Palm Beach

The \$50 gift card will be presented to you at the expo!

The Employee Health and Wellness Expos are for EMPLOYEES ONLY

You do not have to be covered by diocese health insurance to participate!!!

Please only come at your selected appointment time.

CDC Guidelines and recommendations will continue to be followed to maximize safety for all participants.

Mammogram Screening Appointments

To schedule your mammogram appointment at one of the wellness expos, call Florida Mobile Mammography/Invision Diagnostics at **1-877-318-1349 option 1** OR schedule online at **FloridaMobileMammography.com**

If you wish to have a mammogram and do not have any insurance coverage, the self-pay cost is \$175.00

Be sure to bring your identification and your insurance card.

