

# STEP INTO WELLNESS



Diocese of Palm Beach  
2024 Healthiest Employers Award Winner



## Hot Days of Summer—Stay Safe!

June/July 2025

**1. What is extreme heat?** Extreme heat is defined differently by two U.S. government agencies. It's considered a period of two to three days above 90 degrees Fahrenheit (according to the U.S. Department of Homeland Security), or summer-time temperatures that are much hotter and/or humid than average (according to the CDC). Under the latter definition, an extreme heat temperature varies depending on geography, since a particular location's average temperature at a given time of year may be different than another's.

In addition to the temperature, experts consider the "heat index," a measure of how hot it feels when air temperature is combined with relative humidity. "It's the combination of heat and humidity that stresses the human body. When humidity rises, sweat doesn't evaporate as quickly. As a result, the body is unable to release heat efficiently.

When the temperature outside reaches about 90 degrees, the body's ability to offset body heat dissipates, that's where the heat index becomes important because if it's very humid and 85 degrees—but it *feels* like 100 degrees—you may not be able to offload your heat, which can lead to heat illness,

**2. What is heat illness?** Hot weather can limit the body's ability to cool itself, leading to dehydration in as little as half an hour. It can also lead to heat illness, an umbrella term for a range of conditions, including heat rash, heat cramps, heat exhaustion, and heat stroke, as well as damage to the brain and other organs in serious cases. Here's more on each:

- **Heat rash:** When sweat is trapped under the skin, red clusters of small, pimple-like blisters can form on such areas as the chest, elbow creases, neck, or groin, creating a stinging or prickly feeling in those areas.
- **Heat cramps:** Painful, involuntary muscle spasms can occur when the body gets too hot.
- **Heat exhaustion:** A more severe form of heat illness, this is the body's response to a loss of water and salt, usually through sweating. It's characterized by heavy sweating; cold, pale, and clammy skin; a fast and weak pulse; nausea; and dizziness, among other symptoms. If it's not treated,

heat exhaustion can lead to heat stroke.

**Heat stroke:** This life-threatening illness occurs when body temperature rises to about 104 degrees, and the body loses its ability to adequately cool itself down through sweating. Other symptoms include confusion (an altered mental status and jumbled speech); hot, dry skin; vomiting; profuse sweating; seizures; and loss of consciousness. Heat stroke can be fatal if it's not treated right away.

**3. Are heatwaves harder on the body than one or two days of hot weather?** Yes. A heatwave, a prolonged period of hot weather, can last more than two days—in recent years, average heatwaves in U.S. urban areas have lasted about four days. This uninterrupted heat can raise the risk of dehydration and deplete the body's electrolytes (essential minerals vital to key bodily functions), making it hard to catch up.

**4. Are some people at higher risk than others for heat illness?** Anyone can develop heat illness, but two groups are especially likely to end up in the emergency room. One is people who work outdoors, such as farmers, utility workers, or construction workers, who may be unable to leave their jobs to move into the shade or inside with air conditioning. The second group is older adults, especially those living alone in an apartment or house, sometimes without air conditioning. Older adults don't adjust to sudden temperature changes as fast as younger people—in some cases, chronic illnesses and certain medications they take affect their ability to regulate body temperature, and research has also shown that sweat gland function deteriorates with aging.



Continued on page 2

### In this issue:

- Extreme Heat
- June Webinars
- Men's Health Month
- June/July Happenings
- Extreme Heat Cont'd.
- Know Your Benefits— Free Over The Counter Meds
- Health and Wellness Expos Dates and Scheduling Info

### June Florida Blue Resources and Webinars



**Upcoming topics:** Interested in a topic but cannot attend? Still register! You will receive the link to the live webinar recording the day after the event.

- **Dental Health: Something to Smile About**  
~ Tuesday 6/10 ~ 1:00pm – 1:45pm ET
- **Let's Talk About Processed Foods** (Ask the Dietitian)  
~ Wednesday 6/11 ~ 1:00pm – 1:45pm ET
- **Mental Health: Depression** (Ask the MD – Sanitas)  
~ Wednesday 6/18 ~ 12:00pm – 1:00 pm ET

## Men's Health Month Tips for a Healthier Lifestyle

### Men's Health Week (June 9 - June 15, 2025)

International Men's Health Week is a global initiative to increase awareness of male health issues and encourage institutions to develop health policies and services that meet the specific needs of men, boys, and their families.


- **Eating Healthy:** Your eating habits significantly impact your physical and mental health. You can start improving your diet immediately with small steps such as adding more fruits and vegetables daily and avoiding highly processed (salty/sugary) foods. You can also begin by moderating your alcohol and caffeine consumption and getting proper nutrients from a more diverse menu of healthy food and supplements. Start with just one healthy item swap of your normal meal and progress from there!
- **Get Moving:** Just 30 minutes per day of physical activity has been shown to improve immunity, heart health, productivity, memory, confidence and energy. Similarly, exercise reduces weight, depression, anxiety and chances of chronic health conditions. This does not need to be high intensity workout and a gym is not required; just do enough to get the heart rate up and breathing a bit faster. Find something you like to do and experiment with different activities.
- **Preventive Maintenance:** Regular screenings and health check-ups can catch minor problems before they become much more significant problems, especially for men over 40. Blood pressure, cholesterol and blood glucose levels are some initial recommendations, especially if there is a family history of heart disease, cancer or diabetes.
- **Rest and Recovery:** Getting enough sleep (7-9 hours for adults) is essential for optimal health and wellness. Sleep patterns have direct links to cognitive function, mood, energy and physical health. Setting a routine sleep and wake time or avoiding screen time in bed are great first steps.
- **Mental Health:** Mental wellness is as important as physical health. Men struggle with admitting they may need help because of pressure to be "tough" and "push through." Men are four times as likely to die by suicide and two to three times more likely to misuse drugs and alcohol than women. Practices like mindfulness, meditation and spending time with loved ones can enhance mental wellbeing. Find a mental health professional to discuss how to manage your emotions.

**Avoid Risky Behaviors:** Men partake in more risky behaviors that can result in short and long-term consequences. Simple steps like limiting alcohol intake, avoiding tobacco/vaping, wearing seatbelts, and not engaging in risky behaviors can help you live a longer life.

As part of our annual wellness check, preventive screenings such as colonoscopies are covered at 100% beginning at age 45 with In Network providers with Florida Blue.

[www.menshealthmonth.org](http://www.menshealthmonth.org)

## June/July Happenings Calendar

June 1 - 30	Alzheimer's and Brain Awareness Month
June 1 - 30	Cataract Awareness Month
June 1 - 30	Men's Health Month
June 1 - 30	National Safety Month
June 9 - 15	Men's Health Week
July 1 -31	Juvenile Arthritis Awareness Month
July 1—31	UV Awareness Month
July 4	Independence Day 
July 31	2023 Wellness Expo St. Ignatius Loyola

## Extreme Heat Cont'd.

**5. What should you do if you or a loved one has signs and symptoms of heat stroke?** Everyone in the house should know the signs and symptoms of heat stroke, which is characterized by an extremely high body temperature of about 104 degrees or higher; hot, red, dry, or damp skin; a fast, strong pulse; and confusion, among others. If you notice that someone is experiencing heat illness symptoms:

- Call 911 right away.
- Get the person to a shady area or the coolest place you can find.
- Use whatever means you have available to help the person cool down, whether that includes fanning them vigorously; placing cool, wet cloths on armpits, groin, head, and neck; immersing them in a tub of cool water; or spraying them with water from a garden hose.
- Don't leave the person alone.

Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102°F.

The CDC's Warning Signs and Symptoms for specific heat-related illnesses page also includes instructions on how to respond if someone is exhibiting symptoms of different types of heat illnesses.

**6. How will you know if the heat is starting to affect your body?** There are a number of early warnings that you need to cool down, including headache, sweating, fatigue, dizziness, nausea, and lightheadedness.

For symptoms of specific heat-related illnesses, some of which can occur alone or simultaneously, check the CDC's Warning Signs and Symptoms page.

One of the common misconceptions is that if you're sweating, you don't have heat illness, but most people with heat illness will continue sweating.

[www.yalemedicine.org](http://www.yalemedicine.org)

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

## Know Your Health and Wellness Benefits! Enhanced Benefit!



### FREE Prescriptions Available!

We would like to remind you about an important feature of your prescription benefit plan that may help you save money on prescriptions. 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)

## 2025 Employee Health and Wellness Expo Information

Below are the locations and dates for the 2025 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 2025 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 and A1C if your glucose is 120 or over and you have not been diagnosed with Diabetes ).

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!** - the online link is:

**<https://pickatime.com/DOPBHealthscreeningschedule>**

### HEALTH, WELLNESS AND SAFETY EXPO DATES AND LOCATIONS

July 31	Cathedral of St. Ignatius Loyola Parish Hall,	9:30 AM – 2:00 PM	9999 North Military Trail, PBG
Aug 4	Holy Cross Preschool and Center	9:00 AM - 12:00 PM	930 Southern Blvd, WPB
Aug 5	All Saints Catholic School Cafeteria,	12:00 PM – 3:30 PM	1759 Indian Creek Parkway, Jupiter
Aug 6	St. Joan of Arc Mercy Center	11:30 AM – 3:30 PM	501 SW 3rd Ave, Boca Raton
Aug 7	St. Joseph Church Annex,	1:00 PM – 3:00 PM	1200 East 10th Street, Stuart
Aug 11	St. Vincent Ferrer Kelleghan Hall,	12:30 PM – 3:00 PM	810 George Bush Blvd., Delray Bch
Aug 12	St. Anastasia Parish Hall	10:00 AM – 2:00 PM	401 S 33 <sup>rd</sup> St., Ft. Pierce
Oct 3	St. Helen School Gymnasium,	1:00 PM – 3:00 PM	2050 Vero Beach Ave., Vero Beach
Oct 16	Cardinal Newman HS Café,	1:00 PM – 4:00 PM	512 Spencer Dr., West Palm Beach
Dec 5	St. Luke School	1:00 PM – 4:00 PM	2896 S. Congress Ave., Palm Springs



**PLEASE COME AT YOUR SCHEDULED TIME— WALK IN SLOTS ARE LIMITED**

**NOTE: Please do not register for more than one location—gift cards are limited to one per employee**

Biometric screenings will once again include a **full lipid panel** which includes **LDL and Triglycerides** along with A1C screening for those who present with glucose levels of 120 or higher (fasting or non-fasting) and who are non-diagnosed diabetics.

**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!!!**

