

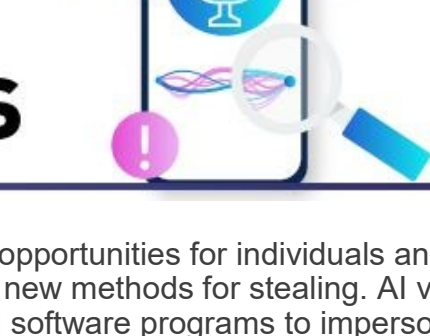
Employee Newsletter & Resources

August is National Immunization Awareness Month

The Adult Vaccine Access Coalition reported that the United States spends \$26.5 billion annually treating four vaccine-preventable diseases in adults age 50 years and older: influenza (flu), pneumococcal disease, pertussis (whooping cough) and shingles.

August is National Immunization Awareness Month. Vaccines help save countless lives each year, so this is a great time to learn more about the positive impact of vaccines and double check that you're up to date on all recommended vaccines. Delaying critical vaccinations can lead to serious health risks, which is why there are recommended immunization schedules.

How to Spot AI Voice Scams



The advancement of artificial intelligence (AI) has created many opportunities for individuals and businesses, but this technology may also help criminals develop new methods for stealing. AI voice scams are a rising threat and generally entail a perpetrator using software programs to impersonate someone in an attempt to extort another party.

If criminals can find a recording of someone's voice, such as through a video posted on social media, they may be able to "spoof" that person's voice. The voice audio can be uploaded to AI software and used to record text composed by a scammer while sounding like the victim. Perpetrators may then target family members or business associates using the fake voice and attempt to extort money

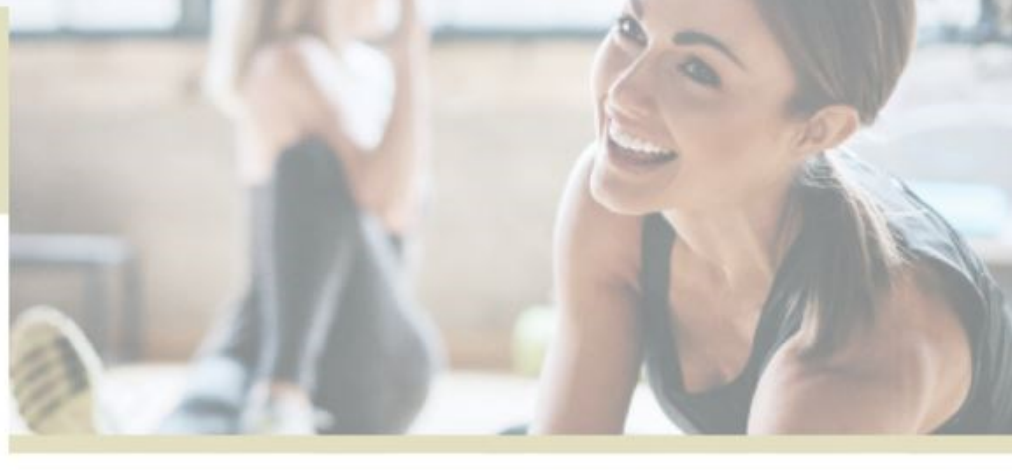
To identify potential AI voice scams and avoid falling for them, consider the following tips:



- Check to see if your personal information has been previously exposed by a data breach using identity-monitoring services.
- Avoid providing scammers access to voice recordings, such as by adjusting your social media privacy settings.
- Establish a code word with others that will be used if someone is in legitimate need of assistance.
- Ask suspicious callers questions that only the person they may be impersonating would know the answer to.

- Hang up on any suspected scams and then call the person in question back using their regular phone number.

Live Well, Work Well



Improving Your Self-discipline

Self-discipline is an important skill that can enable you to reach personal and professional goals. Developing self-discipline is like strengthening muscles; it can be improved with practice. This skill can help make difficult tasks seem more manageable as you achieve your goals.



Self-discipline is your ability to follow through on your intentions, regardless of how you feel physically or emotionally.

Self-discipline is your ability to focus on a task or goal to accomplish something. Self-disciplined individuals are generally consistent, responsible, persistent and ambitious. They may have a strong work ethic and can successfully finish tasks that must be completed even when they find it difficult.

In the workplace, self-discipline can take many forms. Generally, self-disciplined workers will complete both stimulating and monotonous tasks on time. They are also likely to have a productive mindset that enables them to consistently meet goals and reach milestones.

Like any skill, self-discipline can be refined with practice, and you may only sometimes be successful. Persevering even when you fail is crucial to reaching your goals. Consider these simple habits to improve your self-discipline:

- Start with small goals and outline a strategy or plan to achieve them.
- Put your goals in a place where you can see them every day.
- Remind yourself why you started on this journey if you feel discouraged.
- Challenge your mindset to accomplish more; thought patterns often hold people back.
- Practice prioritization and eliminate distractions or temptations that may take you off course.
- Understand your weaknesses so you can plan ways to overcome them.

- Hold yourself accountable—or enlist the help of others to do so.

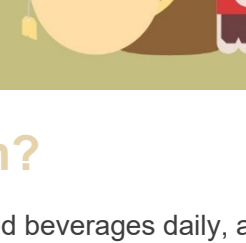
Self-discipline allows you to remain focused on your goals and stay in control of yourself and your reactions. Building self-discipline is a journey, but talk to a licensed therapy provider if you need immediate help.

Caffeine Content by Drink

Caffeine content is affected by the type of drink, preparation and serving size.

- Coffee: 8-100 mg/8 oz.
- Decaf coffee: 2-15 mg/8 oz.
- Espresso: 63 mg/1 oz.
- Green or black tea: 30-50 mg/8 oz.
- Soda: 30-40 mg/12 oz.
- Energy drinks: 40-250 mg/8 oz.

Source: FDA



How Much Caffeine Is Too Much?

Most (80%) Americans consume coffee or other caffeinated beverages daily, according to the U.S. Food and Drug Administration (FDA). Although popular, caffeine is actually a drug—a stimulant. Caffeine stimulates the central nervous system, resulting in a feeling of alertness around an hour after being ingested.

The FDA recommends that most healthy adults should limit their caffeine intake to no more than 400 milligrams per day. The recommended amount can vary depending on personal factors, such as pregnancy status, age and heart health. While it may feel natural to reach for a caffeinated beverage first thing in the morning or during an afternoon slump, consider these alternative habits to help you feel energized without caffeine:

- Exercise regularly.
- Stay hydrated.
- Prioritize quality sleep.
- Eat a midday snack that balances protein, complex carbohydrates and healthy fats.

If you have caffeine consumption concerns, talk to your doctor.

Wearable Health Care Tech and You

A recent study by data analytics firm AnalyticsIQ found that the use of wearable health care devices doubled from 2020 to 2021. Nearly half (46%) of Americans surveyed used at least one type of wearable device. Many reported frequent use, with most smartwatch users reporting daily usage. Other popular devices, such as fitness trackers and wearable monitors, were often utilized weekly.

Given their rising popularity, you may wonder if wearable technology does any good for you and your health. Such devices can monitor progress with a new exercise routine or weight loss program. They can also count steps, monitor your heart rate, count calories and track sleep. Whether you're just starting on a healthy living journey or are well on your way, using a device may be beneficial for you.

Take Charge of Your Health

Schedule Your Annual Checkup

An annual checkup with your primary care physician is crucial to your overall health. It can help you find potential health issues before they become more serious problems, get necessary vaccines and health information and stay on track with your health and wellness goals.



Early detection of diseases – Regular doctor visits can help you discover diseases or illnesses early, enabling you to get the necessary care as soon as possible.



Stay current on vaccines – During your yearly visit, your doctor may recommend several necessary vaccines to help keep you and your loved ones healthy.



Improve the relationship with your physician – You're more likely to feel comfortable with your physician and trust their advice if you visit them annually.



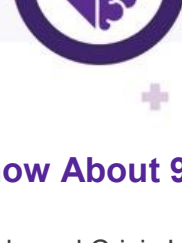
Manage chronic diseases – Annual doctor appointments are essential to help you manage existing diseases or medical conditions.



Reduce health care costs – Preventive care, such as yearly appointments and medical screenings, can help you catch medical conditions early when they're less expensive to treat.

MENTAL HEALTH MINUTE

AUGUST 2023



The Link Between Health and Happiness

Happiness is a positive emotion that can include feelings of gladness, satisfaction, joy and well-being. Many Americans desire happy, fulfilling lives. However, happiness is not an isolated feeling. It's complex and connected to your overall physical and mental health.

Happiness and Physical Health

A study published in the Psychological Science Journal found a link between happiness and physical health. When your body is healthy, it serves as a foundation for happiness to thrive. Exercise, diet and sleep all play vital roles in facilitating health and happiness.

The body releases natural feel-good chemicals known as endorphins during physical activity. This can improve mood and reduce stress and anxiety. Physical activity also improves cardiovascular health and boosts energy levels.

A balanced diet of lean proteins, fresh fruits and vegetables, whole grains and healthy fats can support improved cognitive function, emotional stability and overall well-being.

Sleep is another factor that impacts health and happiness. Studies show that quality sleep can improve focus, mental health, cognitive performance and emotional resilience.

Happiness and Mental Health

Mental health plays a critical role in overall well-being and happiness. It encompasses your emotional, psychological and social state. Strong mental health allows happiness to flourish.

Healthy relationships are crucial for mental well-being. Supportive friendships and positive social interactions can foster a sense of belonging and contribute to happiness.

Professional guidance can also help you maintain positive mental health. Mental health professionals can provide tools and support to overcome challenges. They can also help you identify and address any underlying mental health conditions which can contribute to your happiness in the long run.

Do You Know About 988?

The 988 Suicide and Crisis Lifeline hotline was launched in 2022 to help people in emotional distress or a suicidal crisis. Similar to how 911 exists for medical emergencies, this three-digit code was created for psychological emergencies.

Anyone can call or text 988 to be immediately connected with trained mental health counselors who will listen and provide support. Counselors may also connect you with additional resources if necessary.

You may call 988 for various mental health crises, including but not limited to self-harm, addiction and suicidal ideation. You can also call 988 on behalf of another person to help a friend or family member get through a difficult time.

What Is 988?

The three-digit code, 988, is new, but the Suicide and Crisis Lifeline has existed since 2005 and received over 20 million calls.

Previously, callers could only reach the Suicide and Crisis Lifeline by dialing 1-800-273-8255 (TALK). However, experts worried the number was too difficult to remember, prompting them to launch the new 988 code.

The same services are available whether you call the original Suicide and Crisis Lifeline or call or text 988.

Spreading the Word

According to the Centers for Disease Control and Prevention, suicide was among the [top 9](#) leading causes of death among people ages 10-64 in 2021. It was the second leading cause of death among people ages 10-12 and 20-34.

The Suicide and Crisis Lifeline provides accessible care to anyone experiencing distress, substance abuse, suicidal thoughts or a mental health crisis.

Spread the word about the 988 dialing code to ensure your friends and family know how to get help in a mental health emergency.

Pineapple Avocado Chicken Salad

August 2023 Recipe

Makes: 4 servings



Ingredients

- 2 avocado (divided)
- 2 Tbsp. nonfat plain Greek yogurt
- 1 Tbsp. rice vinegar
- ¼ tsp. salt
- ¼ tsp. black pepper
- 1 cup fresh pineapple chunks
- 1 large red bell pepper (chopped)
- ½ cup shredded carrots
- ½ cup shredded cabbage
- 1 green onion (sliced)
- 2 cups chicken breast (cooked, cubed)
- 4-6 ½-inch whole wheat pita pockets

Directions

1. Mash half of the avocado in a small dish.
2. Add the yogurt, rice vinegar, salt and black pepper.
3. Cut the remaining avocado into small chunks and mix with the pineapple, bell pepper, carrots, cabbage, green onion and chicken.
4. Add the dressing and mix gently.
5. Fill the pita pockets and serve.

Nutritional information for 1 serving	
Calories	437
Total fat	10 g
Saturated fat	2 g
Cholesterol	57 mg
Sodium	883 mg
Carbohydrate	60 g
Dietary fiber	11 g
Total sugars	8 g
Added sugars included	0 g
Protein	31 g

Source: MyPlate

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EMPOWERING EMPLOYERS
STRENGTHENING EMPLOYEES