

Healthy workplace

Your monthly Anthem wellness newsletter



Protect your Skin from Sun Damage this Summer

From the American Cancer Society, cancer.org

Some people think about sun protection only when they spend a day at the lake, beach, or pool. But sun exposure adds up day after day, and happens every time you are in the sun. People who get a lot of exposure to ultraviolet (UV) rays are at greater risk for skin cancer.

If you are going to be in the sun, “Slip! Slop! Slap!® and Wrap” is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Wrap on sunglasses to protect the eyes and skin around them
- Seek shade

An obvious but very important way to limit your exposure to UV light is to avoid being outdoors in direct sunlight too long. This is particularly important



between the hours of 10 am and 4 pm, when UV light is strongest.

UV rays become more intense in the spring, even before temperatures get warmer. People in some areas may get sunburned when the weather is still cool because they may not think about protecting themselves if it's not hot out.

Protect your skin with clothing

When you are out in the sun, wear clothing to cover as much skin as possible. Clothes provide different levels of UV protection. Dark colors generally provide more protection than light colors.

Use sunscreen

It's important to know that sunscreen is just a filter – it does not block all UV rays. Even with proper sunscreen use, some UV rays get through, which is why using other forms of sun protection is also important. Sunscreens with broad spectrum protection (against both

UVA and UVB rays) and with sun protection factor (SPF) values of 30 or higher are recommended. Apply generously! Reapply at least every 2 hours to maintain protection.

Expiration dates: Check the expiration date on the sunscreen to be sure it's still effective. Most sunscreen products are good for at least 2 to 3 years, but you may need to shake the bottle to remix the sunscreen ingredients.

Women's Health Week



Check out <https://www.womenshealth.gov/nwhw> for more information.

National Women's Health Week is an observance led by the U.S. Department of Health and Human Services Office on Women's Health. The goal is to empower women to make their health a priority. The week also serves as a time to encourage women to take steps to improve their health. The 18th annual National Women's Health Week kicks off on Mother's Day, May 14, and is celebrated through May 20, 2017.

What steps can I take for better health?

To improve your physical and mental health, you can:

- Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings
- Get active
- Eat healthy
- Pay attention to mental health, including getting enough sleep and managing stress
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet



DocTalk Webinars: Save the Dates

DocTalk Webinar Series

Log on. Listen in. Ask questions.

The more you know, the better you can take care of your health. That's why we offer DocTalk. It's a series of webinars about important health topics. DocTalk is online so it's easy to access — and it's free for our members

Upcoming Webinar

Zika: Everything You Need to Know
Tuesday, June 13th at 12pm and 3pm

Scientists have known about the Zika virus for decades, but it's only been a public-health concern in recent years. Zika is of particular concern to pregnant women due to birth defects, yet the virus can be serious—and in rare cases, deadly—for children and adults, too. Find out what you need to do to protect yourself and your family and what precautions to take while traveling to possible "Zika zones."

[Click here to register or go to www.webinars.on24.com/doctalk/register.](http://www.webinars.on24.com/doctalk/register)

20 Days, 20 Ways to Declutter your Home



Make a date with your clutter

Just as you would schedule a regular checkup with your doctor, schedule an appointment with your home to begin organizing.

Pick a target

Look around your home and decide what overwhelms you the most. What frustrates you most often? Pick the area that is most maddening and start there.

Visualize the end result

Taking action to tackle your chaos is easier when you know where you're headed. So hold off on the containers for now and work on your vision.

Shed the surplus

Don't keep things that might be useful someday—only things that are useful to you today. Be honest with yourself.

Keep three containers handy

As you work to remove the things you no longer need or want, keep three containers beside you: a laundry basket, a bag for donations, and a garbage/recycling bag.

Gather like things together

If you don't know where to start, work from left to right in the room, or from top to bottom, sorting things as you go. So, gather all pens and pencils together, pile up all of your pairs of pants together, or place all of your cereals in a group.

Examine your groups

Now that all of your similar things are in one pile, narrow each pile down to your favorites.

Maximize your space

Brainstorm various ways you can make the most of your space. Things that are used most often should get the prime real estate—the countertop or the lower shelves.

Get things off the floor

Whenever possible, keep things off the floor this makes them easier to see and keeps the floor free of chaos.

Cure your "flat surface disease"

Many people are visual thinkers and like to have all of their things out where they can see them. The end result: their tables, desks, and countertops are covered with stacks of paperwork and other items. After you've divided all of the countertop clutter into piles of like things, find homes for all of them.

Make rainbows in your closet

When organizing your clothing, hang all of your dresses together, with the lightest-colored ones on the left progressing to the darkest colored dresses on the right. When you arrange them by color within their category, it is easy to see where the pants end and the blouses begin.

Light up your space

The rooms where people pile up the most junk tend to be poorly lit. Dim lighting makes a room uninviting and a good dumping ground.

Store items near where you will use them

In the kitchen, keep the things you use every day on lower shelves that are easily accessible.

Label everything

Labeling shelves and other areas decreases the amount of time you spend looking for things. Labeling also communicates to the entire family where something belongs.

File essentials in a fireproof box

Essential items such as birth certificates, passports, social security cards, adoption records, marriage certificates, titles to your home and car, and other must-have documents should be kept separately from everything else, in their own file.

Repurpose your linen closet

Store all of your towels in the bathroom, where they will be used, store your sheets in the rooms in which they will be used. Now that things in the linen closet have migrated closer to where they're needed, you'll have more closet space too!

Involve your family

Reorganizing the house won't work unless everyone in the family buys into the plan. People won't change unless they want to, so you need to convince everyone that their lives will be better without clutter. Involve them in every way you can, so they can help maintain order.

Keep wastebaskets handy

Make sure that every room in your house has a wastebasket, as well as a container for donations and a recycling box.

Shed seasonally

Go through your wardrobe at the end of every season. Weed out clothing that you didn't wear or didn't love.

Jennifer Steil, today.com - full article: <http://www.today.com/home/20-days-20-ways-declutter-your-home-1D80232419>

May is Lyme Disease Awareness Month

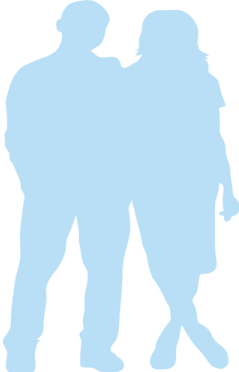
Supported by the Lyme Disease Foundation, Lyme Disease Awareness Month is a campaign which promotes preventative measures which can be taken against Lyme disease. Lyme disease is an acute inflammatory disease spread through the bite of ticks which carry *Borrelia burgdorferi* bacterium.

In the United States there are two main species of tick which carry and spread Lyme disease. The deer tick or black legged tick (*Ixodes scapularis*) spreads the disease in the north central and eastern parts of the United States. The western black legged tick (*Ixodes pacificus*) spreads Lyme disease on the west (Pacific coast).

For additional resources check out: www.LymeDisease.org

LYME DISEASE SYMPTOMS

EARLY LYME* -vs- CHRONIC LYME**

Fatigue 76%		Fatigue 79%
Headache 70%		Joint Pain 70%
Rash <70%		Muscle Pain 69%
Fever 60%		Other Pain 66%
Sweats 60%		Sleep Issues 66%
Chills 60%		Cognitive 66%
Muscle Pain 54%		Neuropathy 61%
Joint Pain 48%		Depression 62%
Neck Pain 46%		Heart Related 31%
Sleep Issues 41%		Headaches 50%

* (Aucott 2013) ** (Johnson 2014. Moderate to very severe symptoms)
Estimates of rash rates range from 25-80% <http://tinyurl.com/kfvu8yt>

Both species of ticks are found in wooded areas.

Spring Pea Salad with Strawberries



Recipe from eatingwell.com

Ingredients

4 servings

8 cups mixed salad greens
1 cup snow peas and/or snap peas, trimmed
¾ cup sliced strawberries
½ cup shelled fresh peas
¼ cup crumbled feta cheese
¼ cup chopped fresh mint
3 tablespoons extra-virgin olive oil
2 tablespoons champagne vinegar
1 teaspoon honey
¼ teaspoon salt
¼ teaspoon ground pepper

Preparation

Ready in 20 minutes

Arrange greens, snow (or snap) peas, strawberries, peas and feta on a serving platter. Whisk mint, oil, vinegar, honey, salt and pepper in a small bowl and drizzle over the salad.

Nutrition information

Serving size: 2 cups

Per serving: 179 calories; 13 g fat (3 g sat); 5 g fiber; 12 g carbohydrates; 5 g protein; 8 mg cholesterol; 6 g sugars; 1 g added sugars