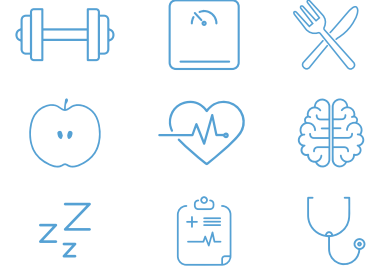


wellness
SPOTLIGHT

What's new with Advocate?

Starting in July, Caldwell and Highpoint will benefit from the new Personal Health Advocate Program. Enroll Today!

If you haven't enrolled yet, it's not too late. Every eligible quarter you may qualify for a \$75 incentive. Participants will receive access to their own personal health advocate team of trained nurses, pharmacists, dietitians, social workers and care coordinators.

Personal Health Advocate Support after Hospitalization

Being in the hospital is a stressful event for patients and their families. Understanding your discharge instructions and adhering to your new treatment plan is critical to a successful recovery. We are available to support you after discharge with disease management, referrals to community agencies, assisting with transfers to rehabilitation facilities, rest homes, or nursing homes, referrals for home health services and home medical equipment. Let us help you transition home and avoid future hospitalizations. Partner with us to assist you today.

Eligibility

- Employees and dependents enrolled in the UNC Health Care Affiliate Health Plan (UMR) invited to join based on care needs
- If you or your enrolled dependent qualify, a Personal Health Advocate will contact you by phone
- If you haven't been contacted and you are interested in the program, please call (984) 215-4040
- There is NO fee for this service

Common Summer Health Concerns

For many of us, summertime means sun, surf and sand. Here are few health concerns that are more likely to occur in the summer months, than at other times of the year.

Asthma Attacks

Summer can be a dangerous time for kids and adults with asthma. More air pollution and high pollen levels are major contributors. If you're prone to asthma attacks, continue your daily controller meds and be advised of air pollution and pollen levels, by visiting airnow.gov. Make sure your rescue inhaler (typically albuterol) is in date and primed for use, particularly if you have not had to use it recently.

Swimmer's Ear

Technically known as otitis externa, swimmer's ear develops when water gets stuck in ear canal. After swimming or showering, dry your ears thoroughly. Use a towel and tilt your head down, so one ear faces down to let the water escape. Then gently pull on your earlobe in several directions to help drain.

Food Poisoning

According to the United States Department of Agriculture, food-borne illnesses are twice as likely in summer months. That's because the bacteria that cause food poisoning grow fastest in the hot, humid weather. Prevent food poisoning by keeping perishable foods refrigerated or in a cooler with ice. Do not leave food out for more than 1 hour in temperatures over 90 degrees.

Lyme Disease

The most common insect-borne disease in the U.S., Lyme disease, peaks in the summer when people are exposed to ticks in yards and woods. The CDC recommends seeing a doctor if you experience fever, headache, body aches, rash, or facial paralysis after a tick bite. Prevent bites by using repellent that contains 20% DEET on exposed skin and one that contains the insecticide

permethrin on clothing. Always conduct a full-body tick check after coming from a wooded or bushy area.

Poison Ivy, Oak, and Sumac

85% of people are allergic to urushiol, the oil found in poison ivy, sumac, and oak. You can get a rash anytime of the year but you're more likely to come in contact with the plant in the summer.

The best treatment is prevention! If you are going to be outdoors, make sure to cover up. When exposed to urushiol, the first thing you should do is wash the affected area with soap and water. If a rash appears, hydrocortisone cream and calamine lotion can help with swelling and itching. Consult your health care provider if the rash appears on your face (including the eyes/lips) or genitalia or if the rash does not get better within 7 days.

Source: (2016). Retrieved May 31, 2016, from <http://www.cdc.gov>

Protect yourself in 5 different ways from Skin Cancer

People who get a lot of exposure to ultraviolet (UV) rays are at greater risk for skin cancer.

Sunlight is the main source of UV rays, but you don't have to avoid the sun completely. It would be unwise to stay inside if it would keep you from being active, because physical activity is important for good health. But getting too much sun can be harmful. There are some steps you can take to limit your exposure to UV rays.

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 it happens every time you are in the sun.

Simply staying in the shade is one of the best ways to limit your UV exposure. If you are going to be in the sun, "Slip! Slop! Slap! Seek!® 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.
- Seek some shade.
- Wrap on sunglasses to protect the eyes and skin around them.

Source: (2016). Retrieved May 31, 2016, from www.cancer.org/cancer/skincancer-melanoma



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on a shirt



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Slap

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Seek

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Wrap

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June is National Safety Awareness Month

As we get a older, falls in the home become a much greater concern. Sight, balance or mobility issues are usually to blame. You can take simple steps today to prevent accidents and injuries in your home — for everyone. Home safety tips to protect your loved ones:

Inside the home

Take a look around your home. Many safety hazards, like loose electrical cords or rugs, are easy to spot and fix. The following tips highlight some hidden hazards.

Install a second railing

The stairs are safer with a railing on each side of the staircase. Make sure the railings are secure.

Light the way

All halls and stairways should have lights. Try plug-in lights for anywhere there's an outlet.

Highlight "trouble spots"

Mark high-accident zones with bright tape. These could be the top or bottom of the stairs or areas where furniture sticks out.

Make a safer shower

Many slips and falls happen in the bathroom. Here are some ways to protect everyone:

- Install grab bars in the shower or tub.
- Apply nonslip strips on the shower or tub floor.
- Use a tub or shower seat for extra support. Add a showerhead extension for easier reach.

Outside the home

Mother Nature can pose safety hazards. Remove any debris, or fallen limbs from heavy winds. Always wear shoes to protect your feet from insect bites. More safety measures:

- Use a doormat on your front step.
- Make sure your railings are secure.
- Fix cracks in the pavement or loose deck boards.

Don't forget the lights

Properly lit walkways and entry points can make a much safer home.

Source:(2016). Retrieved May 31, 2016, from www.cdc.gov/homeandrecreational/safety