



# SmartFHR News

*Green Circle Life Newsletter*



## Distracted Driving

April is National Distracted Driving month. Hundreds of people are injured, and eight people die every day as a result of distracted driving. Do you face distractions that take your attention away from the road?

**Visual distraction:** Your eyes are not on the road- texting and driving, reading directions from a GPS, or observing passengers in other vehicles or in your own

**Manual distraction:** One or both hands are taken off the wheel- eating or drinking, smoking, putting on makeup, scrolling through an app on your phone, adjusting the radio station or air settings

**Cognitive distraction:** Your mind is not focused on driving- listening to an audiobook, talking or having an argument on the phone, or feeling strong emotions like being angry or anxious

Keep your eyes on the road at all times, keep your hands on the wheel as much as possible, and remember to always wear your seatbelt. Visit Safety Digital Coaching in your SmartFHR™ App to learn more.

Wishing you the Best Health and Wellness!

SmartFHR™ Newsletter Team

## SmartFHR™ Feature

### Digital Care Programs

Digital Care Programs on the SmartFHR™ App can help you self-manage chronic conditions, like diabetes, high blood pressure, CHF, asthma, COPD and musculoskeletal conditions. Though not a substitute for medical advice, digital care programs supplement your care plan developed by you and your doctor to improve your health outcomes.

**Contact us for a demo of the SmartFHR™ platform or the Covid Passport at [info@greencirclelife.com](mailto:info@greencirclelife.com) or call us at 866-292-9645**

## From the Desk of Green Circle Life Health Partners

April is National Volunteer Month

Sunshine and warmer temps this spring make it easier to celebrate National Volunteer month! Studies show people who volunteer:

- Connect with others and strengthen relationships
- Gain a sense of fulfillment and purpose
- Reduce stress along with symptoms of depression and anxiety

Reduced stress leads to decreased risk of many physical and mental health symptoms such as anxiety, depression, stroke, and heart disease.

## Healthy Tips

### Healthy Recipe

#### Grilled Vegetable and Tortellini Antipasto Salad

<https://foodandnutrition.org/blogs/stone-soup/grilled-vegetable-tortellini-antipasto-salad/>

### Distracted Driving

Learn more about the dangers of driving while distracted:

[https://www.cdc.gov/transportationsafety/distracted\\_driving/index.html](https://www.cdc.gov/transportationsafety/distracted_driving/index.html)

### National Volunteer Month

Find out how you can make a difference in your community

<https://www.volunteermatch.org/>