



SmartFHR Newsletter

Immunization Awareness August

A banner with a light blue background. The text "Immunization Awareness" is in a blue sans-serif font, and "August" is in a larger, blue serif font. A blurred image of a medical syringe is visible in the background.

Immunization Awareness Month

National Immunization Awareness Month is observed every August to highlight the importance of vaccinations for people of all ages.

- Vaccines help protect individuals, their families, and communities against serious diseases such as measles, influenza, meningococcal disease, and hepatitis.
- Vaccine-preventable infections can be deadly: Prior to COVID-19, approximately 50,000 adults in the US died from vaccine-preventable diseases.
- Vaccine-preventable diseases are expensive: An average flu can last up to 15 days, and typically 5-6 days of work or school are missed.
- When you get sick, you put others at risk; when you get vaccinated, you protect yourself and your family, as well as others who may not be vaccinated.
- Vaccines are safe: The U.S. has a vigorous approval process to ensure that all licensed vaccines are safe.

From the Desk of Green Circle Life Health Partners

Why is sleep so important?

Not only does sleep help improve overall energy, mood, and stress, but it can also lower the risk of chronic conditions like diabetes, heart disease, obesity, and depression.

To see the infographic, click on [Improving Sleep](#)

Help improve your sleep: [Tips for Better Sleep](#)

Learn About the SmartFHR™ App: Immunization

Getting vaccinated is a great way to help keep yourself healthy. Track vaccinations you have already gotten, as well as see what is recommended for you under 'Immunizations' in the app. You can even print out reports to give to your provider, making staying up to date easy!



Healthy Recipe: Blueberry, Basil, and Goat Cheese Panini Sandwich

There's just something about those grill marks on a sandwich that makes this foodie heart of mine melt, swoon, and... OK wait, did you say goat cheese?! Read more at [Blueberry, Basil and Goat Cheese Panini Sandwich | Food & Nutrition | Stone Soup \(foodandnutrition.org\)](#)



Immunization

Use the quiz to find out which vaccines may be recommended for you. [The Adult Vaccine Quiz | CDC](#)