



SmartFHR Newsletter



Back to School

Back-to-school time can be busy, but healthy habits set your student up for a healthier and more productive academic year. Check out these tips to get your student off to a great start!

- Wash hands with soap and water for one of the best ways to prevent the spread of diseases.
- Eat well and be active. Nearly 1 in 5 U.S. children have obesity which puts them at a higher risk for asthma, sleep disorders, high blood pressure, high cholesterol, and diabetes.
- Limit sugary drinks. Water is a great no-calorie, low-cost substitute, and can help establish healthy, lifelong habits.
- Schools are opening but it's still hot outside. Dress appropriately and limit midday outdoor activities to stay cool. Apply sunscreen and stay hydrated to keep safe!

From the Desk of Green Circle Life Health Partners

Cholesterol Awareness Month

Nearly 38% of Americans have high cholesterol, which can lead to increased risk for heart disease and stroke. High cholesterol may not cause any symptoms for many years, so it is important to get your cholesterol checked regularly. The following steps can help to lower your risk for high cholesterol:

- Limit foods that are high in saturated fat, trans fat, sodium, and added sugars
- Maintain a healthy weight, by getting at least 150 minutes of moderate-intensity exercise weekly
- Limit alcohol and quit smoking

MONKEYPOX has been in the news lately

What is it?

Monkeypox is a viral infection with symptoms similar to Smallpox, but it is much less dangerous and deadly than Smallpox.

How do I know if I have Monkeypox?

Spread through close contact with blood, bodily fluids, or the rash of an infected individual, Monkeypox can be identified by signs and symptoms beginning within 3 weeks of exposure. You may experience flu-like symptoms followed by a rash within 1-4 days.

Should I get a Vaccine to Protect me from Monkeypox?

Although there are 2 vaccines for Monkeypox, the CDC does not recommend widespread vaccination at this time. Vaccination may be recommended for any close personal contacts of people with Monkeypox and those at a higher risk of contracting the virus. Ask your healthcare provider if it is recommended for you to receive the Monkeypox vaccine.

SmartFHR Feature

Family Dashboard

Invite your spouse to have their own, no cost, SmartFHR account to learn about new benefits for 2023, take part in wellness activities, and perhaps earn wellness rewards or credits. Send an invitation from the Family Dashboard in SmartFHR.com or in the SmartFHR app today!

Healthy Recipe – Easy Eggplant Lasagna

Eggplant Lasagna makes an easy and delicious lasagna recipe the whole family will love!

Read more at <https://addapinch.com/easy-eggplant-lasagna-recipe/>

Back to School

Back to School Safety. Research shows healthy students are better learners

Read more at <https://www.cdc.gov/media/releases/2019/p0808-nine-health-hacks-for-school.html>

Cholesterol Myths and Facts

Cholesterol can be confusing! Learn answers to common questions about blood cholesterol.

Read more at https://www.cdc.gov/cholesterol/myths_facts.htm