



SmartFHR Newsletter



Back to School

Back to school season is a great time of year to focus on health and wellness. Help your child start the school year by preparing them both physically and mentally using the tips below:

- **Stay up to date on vaccines:** Check with the school to make sure your child is up to date on preventive exams and vaccinations.
- **Build healthy sleep habits:** Children and teens need 9-11 hours of sleep per night. Keep bedtime and morning routines consistent every day. Turn off all electronics 1-2 hours before bed.
- **Focus on nutrition:** Add a fruit and/or veggie with each meal. Swap nuts for chips or provide water instead of juice or soda. Limit eating out and eat together when possible.
- **Control stress:** Back to school can be stressful. Help your child develop healthy ways to channel stress. Go for a walk as a family; encourage drawing; or play catch outside.
- **Limit screen time:** Limit screen time to encourage your children to be more active. Set rules for screen time and be a good digital role model.

From the Desk of Green Circle Life Health Partners

Cholesterol is a fat (also called a lipid) that your body needs to work properly. Too much bad cholesterol can increase your chance of getting heart disease, stroke, and other problems.

View our infographic at <https://www.smartfhr.com/email-images/Sep-cholesterol-month.png>

Get more back to school tips below: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/back-to-school-health-tips-for-parents-infographic>

Learn About the SmartFHR™ App: Family Dashboard

Use the Family Dashboard to invite family members to take advantage of the health and wellness services that are available through the SmartFHR™ App. Family members can create their own accounts to help track health data, use digital chronic condition and lifestyle programs, and access free one-on-one health coaching. Healthy choices are easier to make when done as a family; invite yours to start making healthier choices together today!



Healthy Recipe: Zucchini Egg Breakfast Muffins

Did you know that a favorite summer staple, zucchini, is actually a fruit? Of course, it's normally used as a vegetable and has tremendous versatility. Read more at <https://foodandnutrition.org/blogs/stone-soup/zucchini-bounty-try-savory-zucchini-egg-breakfast-muffins/>



Cholesterol

Help improve your cholesterol using the information <https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/reduce-cholesterol/art-20045935>