



WELLNESS WORKS

Delaware Valley Health Trust

Q3 2022: THE SUMMER SEASON HAS BEGUN



BE SAFE IN THE SUN

With summer in full swing, it's the perfect time to head outdoors and enjoy the sunny weather, but are you protecting yourself from potential risks?

What is UV Radiation?

Ultraviolet (UV) radiation is invisible rays that are part of the energy that comes from the sun. Overexposure to the sun's UV rays can cause damage to the skin and cause different types of skin cancer. It's always important to stay safe when you or your family are playing in the sun.

While it may seem like a sunburn is a temporary irritation, it can leave long-lasting damage to your skin. According to the Melanoma Research Foundation, "Just one blistering sunburn during childhood can double the chances of developing melanoma later in life."

5 Ways to Protect Your Skin from UV Radiation

- 1. Wear Sunscreen** - Everyone should use a sunscreen that is SPF 30 or higher every day, even on cloudy days (check the UV index). Make sure to reapply every two hours and, if swimming, follow the directions on the bottle.
- 2. Clothing** - Opt for clothes that provide different levels of UV protection such as long-sleeved

shirts, or long pants. Colors can make a difference as well in your sun protection. Generally, the darker the color, the better the protection.

- 3. Shade** - You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelters. Remember to use sunscreen or wear protective clothing even in the shade!
- 4. Hat and Sunglasses** - For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.
- 5. Avoid Tanning Beds** - Tanning beds can cause just as much harm as the sun. Tanning beds and sun lamps can emit both UVA and UVB radiation.

According to the American Cancer Society, tanning bed use has been linked to an increased risk of melanoma, especially if a person started using them before the age of 30. Join the virtual wellness presentation "Summer Safety Month" to learn more!

Sources: "July Is National UV Safety Month." Community Health of Central Washington, <https://www.chcw.org/july-is-uv-safety-month/>.

Schedule your Biometric Screening to receive \$150!

A Biometric Screening includes bloodwork and vital signs to ensure you know your numbers! Log on to My.QuestForHealth.com to schedule an appointment at a Quest lab or on-site event, order an At Home Test, or download your unique Physician Results Form to complete with your primary doctor or at the DVHT Health Center.

HEALTH TRUST WELLNESS EVENTS

July 13, 1:00pm-2:00pm – Summer Safety Month Join this session for more information about summer skin care tips to protect you and your family.

July 28 – World Hepatitis Day Log onto worldhepatitisday.org to learn more about the effect of Hepatitis and ways to take action.

August 2 – National Night Out An annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie. Learn more at <https://natw.org/>.

August 10, 10:00am-11:00am – Get to Know Your Wellness Program Learn about the many value-added wellness benefits provided by the Health Trust to improve YOUR wellbeing while earning cash incentives!

August 25, 12:30-1:30pm – Healthy Ingredient Swaps Join this session to discover good-for-you ingredient substitutions that preserve the deliciousness of your favorite recipes.

September 7, 11:30am-12:30pm – Navigating Mental Wellbeing in the Workplace This session will focus on identifying opportunities to promote mental well-being to different employee populations.

September 20, 3:00-4:00pm – Preventing Pre-Diabetes Discover more about this condition and how healthy lifestyle changes can help prevent Type 2 diabetes.

Registration and additional information on the events above are available at www.dvtrusts.com/events.

CREATE A HEALTHY ROUTINE FOR YOU

If you are looking for an excuse to make a change, start this August in support of National Wellness Month. Practicing self-care, managing stress, being mindful, practicing self-compassion, and focusing on proper nutrition and exercise are all things that can be incorporated into your daily routine. It can take 21 days for a new behavior to become a habit and 90 days for it to be a lifestyle change. Here are some simple self-care habits to help improve your wellbeing.

- **Drink more water.** Water improves energy levels, flushes toxins from the body, improves concentration, and can even help with weight loss.
- **Stretch or practice yoga.** If you are on your feet all day or sitting at a desk most of the day, stretching daily can help improve your posture and heal back pain, as well as ease your mind.
- **Try something new.** Doing something new can help improve your mental outlook and make you feel good overall.
- **Prioritize exercise.** There are so many benefits to exercising including pain management, reduced stress, increased confidence, muscular strength, and so much more. Earn a reimbursement for your gym membership and fitness event fees by participating in the Health Trust Wellness Program!
- **Make healthy food choices.** Food can impact the way you feel. Having a balanced diet and good nutrition will help nourish your body and lead to good overall health. Join the virtual wellness presentation “Healthy Ingredient Swaps” to gain useful tools to start your journey towards healthy eating.

Take this month to begin creating and incorporating healthy routines into your schedule. Adding one or two of these habits daily or weekly can lead to big changes over time. Log on to www.dvtrusts.com under Member Resources for more information about the 2022 Health Trust Wellness Program.

Source: Hupts, Jill. August Is National Wellness Month - The Kim Foundation. <https://thekimfoundation.org/august-is-national-wellness-month/>.