



August is Healthy Skin Month

As you continue to enjoy the warm weather, extended daylight hours, and summertime barbecues, how can you protect your skin, particularly when the sun is at its strongest? Skin is the body's largest organ and you need to care for it so it can perform its protective role. Although it has many functions, skin's most important role is the first line of defense between the outside world and our bodies. While factors such as hormones, medical conditions, aging, and genetics play a role in skin health, other factors are within your control.

This month the Archdiocese of Boston Benefits Department offers helpful tips to keep skin healthy, fresh, and hydrated.

1. **Sunscreen.** Protecting yourself from the sun is the best way to prevent skin cancer. Consider wearing protective clothing and sunglasses. Avoid the sun between the hours of 10 a.m. and 4 p.m. when the sun is at its peak intensity. Apply sunscreen with at least 15 SPF and reapply it every two hours.

True or False? All sunscreens provide adequate UV protection.

FALSE. Many sunscreens currently on the U.S. market can help prevent sunburn – caused mostly by UVB rays – when used appropriately, but they may not provide adequate UVA protection. The FDA recommends using a “broad spectrum” sunscreen from a reputable company to protect against both kinds of damaging rays.

2. **Healthy Diet.** What you consume is just as important as what you put on your skin. Eat a diet rich in antioxidants, vegetables, fruits, whole grains, lean proteins, and drink plenty of water. Try to avoid processed or refined sugars and unhealthy fats which can cause premature skin aging.

Interesting Fact: Based on research, the following foods are known to promote skin health: olive oil, green tea, spinach, kale and other green leafy vegetables, fish, tomatoes, berries, and mangoes.

3. **How To Treat Your Skin.** The way you treat your skin can impact its health:
 - Avoid using soaps that are too harsh.
 - Use warm water rather than hot water.
 - Avoid long showers or baths.

- Moisturize your skin on a regular basis.
- Avoid scratching your skin.
- Use hypoallergenic laundry detergent.

True or False? People with oily skin don't need to moisturize.

FALSE. Companies manufacture moisturizers for different skin types and moisturizers are beneficial to everyone. Skin that is not properly moisturized can become more oily and lead to breakouts.

4. **Stress.** Stress causes your body to make hormones such as cortisol, which tends to produce oily skin. In addition, stress can worsen skin problems, such as eczema, rosacea, and psoriasis. Here are ways you can help reduce stress:

- Exercise
- Get enough sleep
- Reduce your caffeine intake
- Make time for hobbies, interests, and relaxation
- Spend time with friends and family
- Learn to say no to demands on your free time
- Laugh more
- Seek counseling

5. **Sleep.** The National Sleep Foundation recommends that you sleep 7 to 9 hours a day. A poor night's sleep can decrease your skin's ability to repair itself and increase signs of premature skin aging.

Interesting fact: Skin makes new collagen when you sleep. The more collagen you produce, the less likely you are to wrinkle. A healthy sleep routine means you will increase blood flow to your skin and be more likely to produce a healthy glow.

Skin Cancer

Oftentimes skin cancer can develop on skin that was exposed to the sun. You can reduce your risk of skin cancer by limiting or avoiding exposure to ultraviolet (UV) radiation. You should check your skin once a month for any new or unusual growths, or changes in size, shape, or color of existing moles, bumps, birthmarks, and freckles. If you find anything suspicious as you examine your body from head to toe, you should consult with your primary care physician, a dermatologist, or other health care

professional who is qualified to recognize skin cancer. Early detection can save your life.

Researchers have identified some risk factors for skin cancer, which include:

- Excessive exposure to ultraviolet (UV) rays and a history of sunburns
- Certain types or a large number of moles
- Family history of skin cancer
- Fair skin, light hair, and freckles
- Personal history of skin cancer

For more information about skin cancer and its different forms, symptoms, and ways to reduce your risk, visit the CDC website at www.cdc.gov/cancer/skin/index.htm.

Spreading awareness of important health topics continues to be our top priority. Toward that end, the Archdiocese of Boston Benefits Department offers additional resources below.

Wellness Webinars

These webinars are available to all employees and their family members. Employees and spouses enrolled in one of the Archdiocese of Boston Health Plans and registered in ahealthyme will earn \$20 into their Health Equity HRA accounts for attending each webinar. There is no need to notify the Benefits Office of your attendance at these webinars because we receive reports of your attendance from our wellness vendor.

Salt & Sugar: What You Need to Know – Thursday, August 6 at 4 p.m.

Registration Link:

https://us02web.zoom.us/webinar/register/WN_6RyCgFhTOwO4VFWvXcps6w

Participants will learn about the different forms of sodium and sugar, where they are hidden, and how they affect overall health. The program includes information on the RDA for sodium and sugar along with product and menu information on the best vs. worst choices.

Anxiety During Unprecedented Times – Tuesday, August 11 at 12 p.m.

Registration Link:

https://us02web.zoom.us/webinar/register/WN_CSF38mpNTGS4Hze8--KX8w

In this time of stress and uncertainty, many people are feeling more anxious. Some are experiencing anxiety for the first time, and others have seen their anxiety increase. In this session we will discuss the symptoms and effects of anxiety, and highlight ways to address and manage it.

Shake it Up: Blend Your Nutrients for Optimal Health – Thursday, August 20 at 1 p.m.

Registration Link:

https://us02web.zoom.us/webinar/register/WN_5BtAI38bRHSI9Vd29Gdpiw

Shake it up for optimal health! Participants learn about the benefits of super smoothies and how to prepare quick and healthy nutritious blends, from chocolate almond banana breakfast shakes to tropical fruit and gazpacho.

Understanding the Ins and Outs of Sleep – Tuesday, August 25 at 4 p.m.

Registration Link:

https://us02web.zoom.us/webinar/register/WN_eftO3cHbR6KPwtZqWMOTcw

We spend about one third of our lives asleep, but most of us don't really understand what sleeping is all about. Through this program, participants gain an understanding of what "normal" sleep is, the differences between REM and non-REM sleep, and sleep need as an overall biological drive. The program explains how sleep changes across the lifespan, how much sleep each of us really needs, and what happens if we don't meet our biologically determined sleep need.

Did you miss a webinar in July? No problem! You can still view these recorded webinars for a limited time. After viewing these webinars, please self-report your viewing to Kayla Fuller in the Benefits Office at kfuller@rcab.org and you will earn 20 HRA points if you are registered in ahealthyme and you have not yet exceeded the maximum number of wellness webinars this Plan Year (maximum of 5).

Eat This, Not That: For Healthy Weight Management (viewable until 8/6)

https://us02web.zoom.us/rec/share/6cJfLLX7_yROYdbh1R7FB7EcDJumaaa8hnNL_NbzxmLfY0e3w1dLvcwcWLjQMm6?startTime=1594147061000

BBQ Sides, Sauces and Main Courses (viewable until 8/16)

https://us02web.zoom.us/rec/share/6s9bFKD111FOGJXN1WTkQZECXaG9eaa80SUYqfEPmkmr6pI7_kt9WR-5KyOqc_uE?startTime=1595013990000

Eating on the Go (viewable until 8/20)

https://us02web.zoom.us/rec/share/x5RND5vX6m1OWqPr4l3kVZQMHR7meaa81SQa_6YPxU5A75KZftkigThhrIlo7D7v?startTime=1595356519000

Fab Abs! (viewable until 8/27)

https://us02web.zoom.us/rec/share/3sh8d7TS-jhOTInT7xyEeawnLIPXaaa81SQcqPoPn06Mg2_ULWvrQNsp4czvyLVo?startTime=1595965426000

Earn HRA Points as a Wellness Champion

Do you want to earn 150 HRA points doing something you enjoy? Serve as a Wellness Champion at your location! Wellness champions are employees who help other employees engage in worksite wellness activities. In order to earn HRA points, Wellness Champions must be actively engaged and regularly attend the monthly Wellness Champion meetings (via webinar) starting in September. Contact the Benefits Office at benefits@rcab.org to sign up!

Wellness Champions:

- ✓ Advocate for a healthy work culture
- ✓ Participate in monthly calls to learn about **BCBS ahealthyme** tools and resources
- ✓ Engage employees through promotion of challenges and other wellness activities to help other employees earn HRA dollars
- ✓ Serve as a wellness resource at their location for employees who have questions about RCAB's wellness program

Wellness Coaching - Make a Change!

Have you signed up yet? Identify a health or wellness goal and stick with it! Some ideas are listed below, but you and your coach work on identifying goals that fit your needs:

- Take better control of your weight
- Eat healthier
- Manage your stress
- Quit smoking
- Exercise more

You can set a goal with a Blue Cross Blue Shield Wellness Coach who is available to you at no additional cost. If you successfully complete your goal, you will earn \$500 into your Health Equity HRA account!

Call 1-888-509-9654, Monday through Friday from 8 a.m. to 8 p.m, to get started on the coaching process, which lasts for three months.

Hydration Challenge

The Archdiocese of Boston Hydration Challenge is well underway. Employees and spouses enrolled in the Archdiocese of Boston Health Plans have been logging their consumption of water in the ahealthyme portal. The Challenge ends on August 17 so there are a few more weeks to go. Hydration is a great way to improve the health of your skin. For those who are participating in the Challenge, remember to log at least 64 oz. of water each day for an average of 4 days a week during the Challenge period. You must log your consumption in www.ahealthyme.com.

Engage in a healthy family activity and earn HRA points!

Participate in a healthy family activity (with one or more family members) and earn \$20 HRA per activity (maximum of 5 wellness webinars/family activities per Plan Year). Eligible activities include hiking, bike riding, attending a family picnic, etc. To self-report completion of a healthy family activity, please email Kayla Fuller at kfuller@rcab.org with basic information about the activity and date. Remember that you must be registered in ahealthyme in order to be eligible to earn HRA points.

Employee Assistance Program Reminder

Sun Life's Employee Assistance Program (EAP), powered by Guidance Resources, offers free, confidential access to a consultant for help with anxiety, stress, depression,

financial challenges, and more. ComPsych Guidance Consultants can help you 24 hours a day, 7 days a week. Call 800-460-4374 to talk to a Guidance Consultant.

To access additional information regarding our EAP benefits, visit our website at www.catholicbenefits.org/PDF/other_benefits/eap.pdf

In good health,

Roman Catholic Archdiocese of Boston Benefits Department

