



July is Summer Safety Month

finally here! After months of spending work and leisure time indoors, it is time to venture outside, increase physical activity, and experience the well-deserved warm weather and fresh air. The Archdiocese of Boston Benefits Department shares a few tips to help you stay safe and healthy this summer:

1. **Hydrate.** To help prevent heat stress and heat stroke, drink water before, during, and after outside physical activity. See details below regarding the upcoming Archdiocese of Boston Hydration Challenge which will help you stay on track!
2. **Avoid peak temperature times.** The outdoor temperature is usually hottest between the hours of 12 p.m. and 3 p.m. Minimize outside activity during this time when you have a greater chance of becoming overheated or dehydrated.
3. **Dress appropriately.** Your clothes should be lightweight, loose-fitting, and light-colored. Wear a hat and sunglasses that block both UVA and UVB rays.
4. **Sunscreen is your friend.** Always apply sunscreen to protect your skin while outdoors. Find a sunscreen with SPF 15 or higher that provides both UVA and UVB (broad spectrum) protection. Reapply sunscreen every two hours or after swimming.
5. **Don't overdo it.** You may not be able to exercise with the same intensity in the heat as you usually do in a climate-controlled environment. Take frequent breaks in the shade and listen to your body. Avoid overly strenuous exercise outdoors on extremely hot days. Beware of signs of heat exhaustion, such as dizziness, nausea, fatigue, and headache.
6. **Talk to your primary care provider.** Some diseases and medications can exaggerate your body's response to heat. Check with your provider before exercising outdoors during the hot summer months.
7. **Protect yourself from bug bites.** Scented soap, perfume, and hair spray tend to attract mosquitoes. Avoid areas where insects gather, such as standing water. Apply bug spray with DEET to ward off pesky ticks and mosquitoes.
8. **Enjoy the outdoors while socially/physically distancing.** Safe outdoor activities during this pandemic are those that allow for social distancing. The CDC recommends that you keep a recommended minimum of six feet (about 2 arms' length) away from others who live outside of your household. To learn more about social distancing guidelines and watch a video on how to prevent COVID-19 with social distancing, visit

www.mass.gov/info-details/covid-19-prevention-and-treatment#social-distancing.

Ahealthyme Resources

Tap into ahealthyme's [Health Library](#) for answers to your summer safety questions:

- First Aid
- Sunburn
- Bicycling and kids
- Water safety

It's not summer without classic hamburgers and hotdogs or, for the more health conscious, lean turkey burgers and veggie kebobs. With ahealthyme, you can expand your summer grilling repertoire by trying these delicious recipes in the [Recipe Library](#).

Hydration Challenge

Join the Archdiocese of Boston Hydration Challenge and earn \$100 into your HRA! Employees and spouses enrolled in the Archdiocese of Boston Health Plans are eligible to participate. A new Plan Year starts on July 1, so eligible employees/spouses can start earning HRA dollars toward the HRA maximum of \$1,000 per enrolled employee and spouse per Plan Year. This challenge is a healthy and EASY way to earn HRA dollars. Log at least 64 oz. of water each day for an average of 4 days a week during the challenge period. You must log in at least once a week at www.ahealthyme.com to record water consumption in order to earn HRA dollars.

Registration for this challenge begins on July 13 and continues until July 26. The Challenge begins on July 20 and continues for four weeks until August 17. Please register at www.ahealthyme.com/login.

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 will earn \$20 into their Health Equity HRA accounts for attending each webinar.

Eat This, Not That: For Healthy Weight Management – Tuesday, July 7 at 3 p.m.

[Click Here to Register](#)

Participants learn about the best and worst menu selections from soup to nuts! From saturated fat- laden burgers to sugary doughnuts and beverages, nutrition experts will highlight best and worst choices from local establishments, on-site cafeterias and vending machines. The program includes information on how to make healthier menu and snack selections, and comparisons of the actual sugar and fat content in our best versus worst selections.

BBQ Sides, Sauces and Main Courses – Friday, July 17 at 4 p.m.

[Click Here to Register](#)

Everything you need to know about barbecuing healthfully! Participants learn how to prepare healthy rubs, marinades, side salads, and salsas. The program includes information on food safety and healthy meal planning tips for seasonal celebrations.

Eating on the Go – Tuesday, July 21 at 3 p.m.

[Click Here to Register](#)

Learn how to eat-on-the-go healthfully! In this program, participants learn healthy tips for making better decisions while on-the-go. Information includes how to make healthier fast food choices, learning substitutions and modifications to 'lighten' something up, and how to snack more healthfully.

Fab Abs! – Tuesday, July 28 at 4 p.m.

[Click Here to Register](#)

A smaller waist and tighter abs are not only more appealing, but they help prevent chronic disease as well! Conducted by a registered dietitian with a certification in personal training, this interactive program discusses the problems with visceral versus subcutaneous fat and the health risks involved. The program includes a demonstration of exercises to help tighten that midsection!

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 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 the Benefits Office at benefits@rcab.org with basic information about the activity and date.

Coronavirus Resources from Blue Cross Blue Shield

Earn \$20 HRA for watching four new Behavioral Health resource videos posted to the BCBSMA Corona Virus Resource Center page at www.bluecrossma.org/myblue/coronavirus-resource-center. Informational videos cover the following topics:

- [Why grief and loss are different now](#)
 - [Are virtual doctor visits as good as the real thing?](#)
 - [The power of sleep, and how to claim your fair share](#)
 - [How older adults can protect their mental health now](#)

To self-report watching these Blue Cross Blue Shield videos, please email the Benefits Office at benefits@rcab.org.

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 www.catholicbenefits.org/PDF/other_benefits/eap.pdf

In good health,

Roman Catholic Archdiocese of Boston Benefits Department

