

# Summer Safety, Summer Fun

## You can have both!

Summer is officially here, and whether you spend your time vacationing at the beach, camping, visiting the local water park or relaxing at home, it is important to remember the steps you can take to help you and your family have a healthy, safe summer.



## A hot tip

- Elderly, infants, and people with chronic medical conditions are more prone to heat stress.
- Listen to local weather channels for heat conditions before venturing out during summer conditions.
- Do not leave children or pets unattended in parked cars while traveling, shopping, or running errands even if the window is cracked.
- Avoid hot foods and heavy meals; they add heat to your body.

## Protect your skin

- Use a sunscreen that is rated SPF 30 or higher and reapply every two hours or more often if you are swimming or sweating excessively.
- Avoid unnecessary sun exposure between 10 a.m. and 4 p.m., when the sun's ultraviolet (UV) rays are most intense. UV rays are the primary cause of skin cancer.
- Wear UV-protective sunglasses and broad-brimmed hats.
- Avoid tanning and UV-tanning booths.

## Take the plunge

- Never swim alone or allow your children to swim without supervision.
- Never try to keep up with someone who is a stronger or more skilled swimmer for long distances.

- Do not drink alcohol when swimming or boating.
- Make sure you are not too tired or too far from safety when swimming.

## Enjoy the outdoors

- Wear a helmet when biking.
- Avoid poison ivy and poison oak. If you touch these plants, wash the affected area with soap and water to help minimize any allergic reaction.
- Drink plenty of fluids and take frequent breaks in cool places to avoid overheating if hiking or playing sports in the summer heat.
- Use softer-than-standard baseballs, safety-release bases and batting helmets with face guards to reduce baseball-related injuries to children.
- Prevent serious trampoline injuries by allowing only one person on at a time.

**Source:** CDC, [www.bt.cdc.gov/disasters/extremeheat/](http://www.bt.cdc.gov/disasters/extremeheat/)  
CIGNA, VitaMin Newsletter, July 2010

## GuidanceResources®

### Assistance with Housing and Everyday Needs



Many individuals and families are having difficulties during this economic downturn. Rising prices for basic needs such as food, housing and utilities, as well as high unemployment, mean many people are struggling. If you or someone you know is having a hard time,

ADOA Employee Assistance Program (EAP), ComPsych GuidanceResources®, can help. ComPsych can provide resources and information for a wide range of basic needs. Here are some examples of the many ways that GuidanceResources is ready to assist.

#### Housing Resources

- Contact information for Section 8 housing
- Subsidized apartment rentals
- Temporary housing for individuals with substance abuse issues
- Government programs for rental assistance and mortgage payment assistance
- Information for First Time Buyer home loans

#### Everyday Needs

- Food stamp eligibility and application
- Utility assistance programs
- Low cost medical care services
- Cash assistance programs
- Low cost or free furniture for low income families
- Moving expense assistance
- Transportation expense assistance

#### Additional Information

Difficult financial times can often cause emotional distress. CompPsych also offers help and support 24 hours a day, 7 days a week, at no cost to you or your immediate family. Through the ADOA ComPsych program employees can receive 6 free, confidential counseling sessions to manage personal issues.

Guidance Consultants can assist you with your concerns at: **1-877-327-2362**

Online: [www.guidanceresources.com](http://www.guidanceresources.com)

Company Web ID: **HN8876C**



**Save Energy,  
Get Energy,**

**One Step at a Time**

The Save Energy, Get Energy campaign encourages you to take the stairs instead of the elevator. If you were to walk up and down 3 flights of stairs instead of an elevator, you would save 15 Wh (watt hours) a day or 450 Wh (watt hours) a month. That is enough to power a typical digital television (40" or more) for more than 2 hours. By participating in the Save Energy, Get Energy movement, you will help reduce our environmental impact (i.e. using the elevator less and thereby using less energy).

Taking the stairs is an excellent way to prevent health problems that come with inactivity including obesity, high blood pressure, heart disease and stroke. When you start taking the stairs begin slowly and take one flight at a time. Then, gradually increase the number of stairs in small increments. The more you go up and down the stairs, the stronger you will become and the easier it will be.

**Take the stairs – you will save energy, get energy, and improve your health one step at a time!**

Register your pledge to participate and tabulate your activity and energy savings by visiting the Arizona Department of Commerce Energy Office website at:

[www.azcommerce.com/energy/SaveEnergyGetEnergy](http://www.azcommerce.com/energy/SaveEnergyGetEnergy).

# MOM

Mobile On-site Mammography

"Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgette, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screenings at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events.

**Call MOM at 480-967-3767 to schedule your appointment.**

- July 20 — DES, Phoenix  
4000 N. Central Ave.  
7:30am—1pm
- July 20 — Corp. Commission, Phoenix  
1200 W. Washington  
8am—4pm
- July 21 — Dept. of Ed., Phoenix  
1535 W. Jefferson  
8am—12pm
- July 21 — AZ Med. Board, Scottsdale  
9545 E. Doubletree Ranch  
2pm—5pm
- July 22 — Dept. of Ed., Phoenix  
2005 N. Central Ave  
8am—12pm
- July 27 — ADOT, Phoenix  
206 S. 17th Ave  
7:30am—4:30pm
- July 28 — Supreme Court, Phoenix  
1501 W. Washington  
8am—5pm
- July 28 — ADOT, Phoenix  
206 S. 17th Ave  
7:30am—4:30pm
- July 29 — ADOT, Phoenix  
206 S. 17th Ave  
7:30am—4:30pm

## Mini Health Screening at Work

**All State employees and Benefit Options members are eligible to participate in mini health screenings.**

The basic screenings are **FREE** and optional screenings are priced as indicated:

- Height & weight; BMI; blood pressure; and percent of body fat (body composition).
- Cholesterol and blood sugar (**8-hour fasting is recommended**)
- Free osteoporosis screening for women 40 and older. \$30 for women under age 40.
- \$5 PSA screening (blood draw) for men 40 and older. \$42 for men under age 40.

*You will need your Employee Identification Number (EIN) and Insurance card for this event.*



**There are no Mini Health Screenings scheduled for the month of July.**

**If you are interested in hosting a screening at your agency, please contact your Wellness Coordinator and suggest they submit an event request form to [Wellness@azdoa.gov](mailto:Wellness@azdoa.gov)**

# Summer Bites

Fresh, local produce abounds—now is the time to take advantage of the garden-fresh fruits and vegetables. Use seasonal produce this summer to make delicious, low-calorie, nutrient-rich recipes. Try this light, refreshing salad this summer while by the pool.



**Tropical Cucumber Salad**

**Ingredients:**

- 3-5 tsp soy sauce or chicken broth
- 1 tsp freshly grated lime zest
- 2 Tbsp lime juice
- 1 Tbsp canola oil
- 2 tsp light brown sugar
- 1 tsp rice vinegar
- 1/4 tsp crushed red pepper
- 1 medium English cucumber, cut into 3/4 inch dice
- 1 avocado, cut into 3/4 inch dice
- 1 mango, cut into 3/4 inch dice
- 1/4 cup chopped fresh cilantro

**Preparation:**

1. Whisk soy sauce, lime zest, lime juice, oil, brown sugar, vinegar and red pepper in a large bowl until combined.
2. Add cucumber, avocado, mango and cilantro.
3. Gently toss to coat

**Nutrition Information**

(Per serving—1 cup)

16g	Calories
11 g	Fat
18 g	Carbohydrates
2 g	added sugars
3 g	Protein
5 g	Fiber

## What Services & Programs are Offered by Benefit Options Wellness?



**The Wellness website has the complete list of screenings, classes and other programs available for request and scheduling at State worksites.**

Wellness events are requested and coordinated by State employees at worksites. If you are interested in hosting a program at your worksite, visit the Wellness website at: [www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness) to view what is available and learn what Wellness has to offer.

Event request forms must be completed and submitted online to [wellness@azdoa.gov](mailto:wellness@azdoa.gov)



Complete the brief form, including contact information, location and preferred event and click submit! A Wellness team member will reply to your request and begin scheduling your event.

**Log on Today!**

**Take advantage of the many available programs and services to keep employees healthy**

Created and published by ADOA , Benefit Options Wellness Program

100 N 15th Ave, Suite 103 Phoenix, AZ 85007

[www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness)

email: [wellness@azdoa.gov](mailto:wellness@azdoa.gov), phone 602-771-9355

Persons with a disability may request accommodations by contacting the ADOA Benefits Office. If you need this issue in an alternate format, please call 602-771-9355