

Wellness Newsletter July 2020



Wellness Resources

Here are some great tips to reduce Covid-19 Stress! The MDH has some great resources available to you.

[MN Department of Health Workplace Health](#)

Find your happy place!

A stack of seven smooth, rounded stones in various shades of grey, tan, and brown, with a monarch butterfly perched on the top stone.

Find your happy place.

TIPS TO REDUCE COVID-19 STRESS

1. Focus on what you can control — including your thoughts, behaviors.
2. Remember that you are resilient, and so is humankind. We will get through this.
3. Do what you can to reduce your risk: take comfort that you are caring for yourself and others.
4. Use technology to connect with others frequently.
5. Look for the good stuff: the helpers, time with family, and opportunities to pull together. Write down three things you are grateful for each day.
6. Limit exposure to news or social media updates.
7. Use reputable sources of news, avoid speculation and rumors.
8. Model peaceful behavior for those around you. Remember everyone experiences stress in different ways.
9. Don't let fear influence your decisions, such as hoarding supplies.
10. Be gentle with yourself and others.
11. Create a regular routine, especially for children and work from home.
12. Maintaining a healthy diet and exercise routines to help your immune system and mental health.
13. Spend time in nature while adhering to social distancing guidelines.
14. Reflect on your reactions. Many who have experienced trauma may be triggered by feelings of powerlessness. Understanding what you are feeling can help you consider how you want to respond to the triggers.
15. Practice meditation, yoga, or other mind-body techniques. Find apps or online videos to help.
16. Reach out if you need to talk. There are local and national hotlines and warmlines that can help!

DISASTER DISTRESS HELPLINE
1-800-985-5990
TALKWITHUS TEXT 66746

mi DEPARTMENT OF HEALTH health.mn.gov | 03/27/2020

Lyme Disease: The 2020 Forecast

Weather experts are predicting an extra hot and humid summer ahead — which means more ticks and more Lyme disease. Here's how to protect yourself and your family.

Learn more here!



What to do if you're waiting for COVID-19 test results?

COVID-19 is caused by a virus that can spread easily from person to person. Follow these instructions to help protect yourself, your family, and your community while you are waiting for test results. There are instructions for people who have symptoms and people who do not have symptoms. MDH-Stay Safe MN.



Learn more here!

Looking for an easy Staff Challenge Try the Water Challenge!

Perfect weather for this challenge! Skipping water does a lot more than leave you thirsty. Dehydrated cells don't function as well, which means you feel sluggish and tired. Your ability to focus takes a nosedive, and even mild dehydration can make you feel ravenous. On top of that, you're less able to fight off infection, and your skin looks dull and wrinkled.

The question is... how much? According to WebMD, we should be drinking at least half our weight in fluid ounces of water every single day. So if you're 150 pounds, you'll need to drink at least 75 fl oz of water a day.

Here is water guide that you can use to do a staff challenge. Everyone can track their own progress!

5 SIGNS YOU AREN'T DRINKING ENOUGH WATER

Makes you think twice about forgetting your water bottle! Here's 5 easy ways to tell whether you're drinking enough water:

1 ARE YOU HUNGRY?

It's surprisingly hard to differentiate between hunger and thirst. In fact, studies show drinking eight ounces of water stops hunger pangs 100% of the time and can make a big difference in weight loss!² The next time you have a snack attack or feel your energy crashing, reach for the water faucet first. Chances are you just need to drink more.

2 FEELING TIRED OR CRANKY?

If you're dragging and it's nowhere near mealtime, think about how much water you've had today. Multiple studies show that even mild dehydration causes moodiness, fatigue, trouble with memory, and headaches. Ouch! If you can't focus or find yourself snapping at people, your first step should be a glass of H₂O.

3 CHECK YOUR SKIN.

Skin cells that aren't hydrated look rough and dry. If your hands feel dry minutes after applying lotion, that's a big warning sign that you're not drinking enough. Staying hydrated is crucial to flushing toxins from your skin, so you're also more likely to experience breakouts when you don't keep your water handy.

4 CHECK THE CLOCK.

When's the last time you answered the call of nature? A healthy adult should empty their bladder 6-7 times per day. If you're going many hours between visits to the bathroom, then you're not hydrated. If your urine is dark or smells strongly, that's a warning sign that you're in the dehydration danger zone.

5 DO THE MATH.

When in doubt, us the handy water widget below! Just enter your weight, and it will calculate how many ounces of water you need to drink each day. Keep in mind that while other drinks count toward your daily fluid intake, caffeine actually causes your body to dehydrate faster, so caffeinated coffee and tea don't help.

THANKS SO MUCH FOR READING!

Don't forget to like this post and like us on [FACEBOOK.COM/JJVIRGINOFFICIAL](https://www.facebook.com/JJVIRGINOFFICIAL)

www.jjvirgin.com
JJVIRGIN

Water Tracker

Summertime...Fresh Veggies, Grilling & Healthy Cooking!



Our team has been working overtime to collect some wonderful summer recipes with you! It is always great to have something new to share with family & friends. Check these out:

Interesting Breakfast Ideas

Raspberry-Banana Bread

Santa Fe Chicken

What's New - Wellness Benefit Program Updates



NEW Omada-Topic Based Communities

Omada added **topic based community programs** to the existing program. Programs include promoting healthy cooking, support for running a 5K, vegetarian lifestyle, tips for parents with young children, and a program for shift workers. Members who are currently participating in Omada just need to reach out to their health coach and they will assist with signing them up.

[Click Here to visit Omada](#)



Your emotional health and well-being are as important as your physical health, especially during challenging times. Learn to Live has developed resources to help you navigate the uncertainty of the situation brought on by COVID-19.

The videos and articles below all provide helpful information and tools from the principles of Cognitive Behavioral Therapy (CBT), which studies have shown to be a powerful tool to combat stress, anxiety, worry, insomnia and depression.

Click on the links below for additional resources:

- [How to build emotional strength and resilience during a crisis](#)
- [Reduce stress with "Scheduled Worry Time"](#)
- [Tools for help with negative thoughts in tough days](#)
- [Managing stress and worry in uncertain times](#)
- [Coping with loss and change during COVID-19](#)



Sharecare - Statewide Participation continues to increase - are YOU part of that team?

Here for you today, for a healthier tomorrow!
[Look for weekly Sharecare emails in July!](#)

Register and take the RealAge assessment for a chance at a **\$20 Visa gift card**. Already know your RealAge? Update your assessment for your chance to win.

FIVE IMPORTANT REMINDERS!!

How do YOU earn dollars?? Two challenges per month: 210,000 calculated steps and engagement with the program 21 days out of the month = \$20 credit in the Sharecare Marketplace.

RealAge Reminder: Update your RealAge at plan renewal or more often. This will "restart" your program at the beginning of each plan year.

Is it the **end of your insurance plan year** and you have dollars in your Sharecare account? You have 30 days to

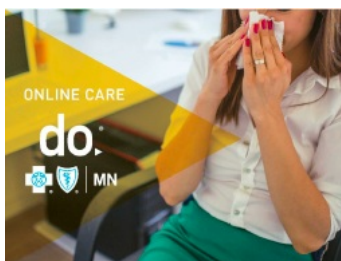
spend your dollars or do nothing and an eVisa gift card will be emailed to you! Need to redeem your points and can't find them? [CLICK HERE for help!](#)

It is **VERY IMPORTANT** that you click on emails from Sharecare's Customer service within 30 days.

Forgot to enter your steps or your tracking device didn't work correctly? You can enter your steps retroactively for 7 days. **Exception: ALL steps must be entered before at the end of the each month to count toward your goal.**

[REGISTER for Sharecare - Click HERE!](#)

[Sharecare Helpful Info - Click HERE!](#)



[Doctor on Demand](#)

Covid-19:

If you are concerned that you may have been exposed to COVID-19, recently or in the past, please schedule a virtual visit to discuss your symptoms and exposure risk with a medical professional. We are also offering COVID-19 antibody testing which may help to identify people who were exposed. Our providers can assess you and order a test if you are eligible.

[Schedule a Visit](#)

SmartShopper[®]

[Smartshopper is Here to Help](#)

The SmartShopper Personal Assistant Team is Here to Help

SmartShopper is a free service provided by your health plan to help you find care at high-quality, cost-effective facilities. By choosing cost-effective care, in-network care, you'll earn a share of the savings with cash rewards! Compare prices and rewards by calling 1-866-285-7452 or shop online at BCBSMN.SmartShopper.com. The SmartShopper team will help you schedule your appointment. Have your appointment within the next year, and receive a cash reward (sent to your home).

[Check out the current list of procedures eligible for incentives](#)

[Learn more about Smartshopper by viewing this video!](#)