

Health & WELLNESS



Did you know July is UV safety month?

Summer may be the time to soak up the sun but be sure to do so safely!

UV is the root cause of most skin cancer so follow these three simple steps from the American Academy of Dermatology Association to protect not only your skin, but your overall health:

- Seek shade when appropriate
- Wear a hat and sun-protective clothing
- Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher

Enjoy this summer by staying sun-safe!



CAST YOUR CARES
ON THE LORD
AND HE WILL
SUSTAIN YOU;
HE WILL NEVER LET
THE RIGHTEOUS BE
SHAKEN.

Psalm 55:22

Looking to satisfy your sweet tooth with something a bit more nutritious than cookies or ice cream?

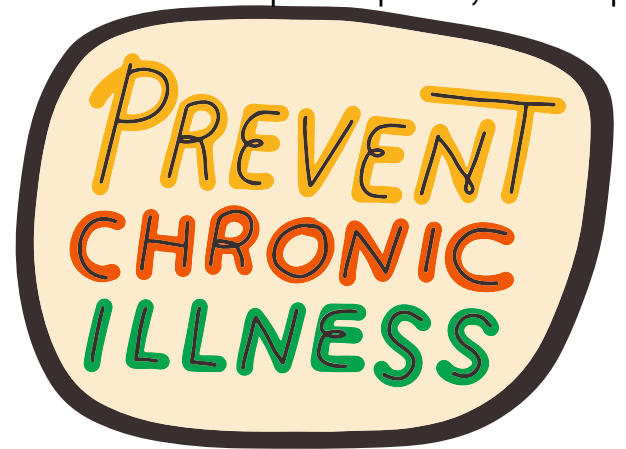
Try baked peaches! This sweet treat is bursting with summer flavor and sure to hit the spot when your next sugar craving hits!

[Check out this recipe here!](#)

Are you living with a chronic health condition?

If so, you are far from alone. Did you know almost 50 percent of people in the U.S. have a chronic health condition of one type or another? By making changes in the way you live, you can take control of your condition, so it doesn't control you. The Meritain Health Nurse Health Coaching program, available free of charge to all EPC medical benefit participants, can help you manage:

- Asthma.
- Chronic Obstructive Pulmonary Disease (COPD).
- Chronic Kidney Disease (CKD).
- Chronic pain.
- Coronary Artery Disease (CAD).
- Congestive Heart Failure (CHF).
- Diabetes.
- High blood pressure (Hypertension).
- High cholesterol (Hyperlipidemia).



When you feel better, you'll be able to do more of the things you love. If you feel you can benefit from Health Coaching check out the [EPC Benefits website](#) or just call 1.888.610.0089 to join.

Get More out of Life. Your future self will thank you.

Does your sleep suffer in the summer?

Snooze easier with these hot weather tips:

- Change your heavy quilt to a thin blanket or sheet.
- Stop drinking beverages three or four hours before bed for better sleep.
- Exercise and do outdoor chores early in the day if possible and avoid vigorous physical activity within a couple of hours of bedtime.
- Lower your body's core temperature by taking a lukewarm shower or bath one to two hours before bed.
- Aim for a regular bedtime, even on vacation.



Sleep is so important for overall health—don't skimp on your sleep this summer!