
HR Monthly Newsletter

JULY 2023

Are You Getting Enough Water?

Brought to you by ASE

To prevent dehydration, you need to consume adequate amounts of fluid. Dehydration can increase your risk of illnesses and cause health problems, such as fatigue and muscle weakness. Men should get about 3.7 liters (15 ½ cups) of fluids each day, and women need about 2.7 liters (11 ½ cups). Remember that the water content of the foods you eat counts as well.

You need to get enough water for your body to operate at its best. Make water your beverage of choice, and consider these simple tips to help achieve your daily water intake:

- Drink a glass of water with each meal and between each meal.
- Hydrate before, during, and after exercise.
- Carry a reusable water bottle with you for easy access during the day.
- Choose sparkling water instead of alcoholic drinks or soft drinks.
- Carry a water bottle with you and refill it throughout the day.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water over sugary drinks.
- Opt for water when eating out. You'll save money and reduce calories.
- Add a wedge of lime or lemon to your water. This can help improve the taste.

Rethink Your Drink

Sugary drinks are the leading source of added sugars in the American diet. These sweetened liquids include regular soda, fruit drinks, sports drinks, energy drinks, and sweetened waters. The flavored coffees we grab on the way to work and sweet drinks we order when eating out also count as sugary drinks. Adding sugar and flavored creamer to coffee and tea at home counts, too.



Tricks to Rethink Your Drink

- **Choose water** (tap or unsweetened, bottled, or sparkling) over sugary drinks.
- **Need more flavor?** Add berries or slices of lime, lemon, or cucumber to water.
- **Missing fizzy drinks?** Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- **Need help breaking the habit?** Don't stock up on sugary drinks. Instead, keep a jug or bottles of cold water in the fridge.
- **Water just won't do?** Reach for drinks that contain important nutrients such as low fat or fat free milk; unsweetened, fortified milk alternatives; or 100% fruit or vegetable juice first. (NOTE: Before infants are 12 months old, do not give fruit or vegetable juice. Juice after 12 months old is not necessary, but 4 ounces or less a day of 100% juice can be provided.)
- **At the coffee shop?** Skip the flavored syrups or whipped cream. Ask for a drink with low fat or fat free milk, an unsweetened milk alternative such as soy or almond, or get back to basics with black coffee.
- **At the store?** Read the Nutrition Facts label to choose drinks that are low in calories, added sugars, and saturated fat.
- **On the go?** Carry a reusable water bottle with you and refill it throughout the day.
- **Still thirsty?** Learn how to drink more water.

Ask Watson!

"Hey, Watson! I'm wondering who can assist me with a benefit claim issue I'm having."



"The Benefit Resource Center through USI is a great place to start! Their Benefit Specialists can help you with claim escalation, appeals and resolutions, and much more. They are a great resource for any benefit-related questions you may have. You can email them at BRCMidwest@usi.com or call them at 855-874-0829."

Did you know.....

If you are a Legal Shield member, you can get your Will prepared or updated!



In addition, your membership also includes these great benefits:

- Legal Advice - personal legal issues
- Letters/calls made on your behalf
- Contracts & documents reviewed (up to 15 pages)
- Residential Loan Document Assistance
- Attorneys prepare your Will, your Living Will, and your Health Care Power of Attorney
- Moving Traffic Violations (available 15 days after enrollment)
- Trial Defense including Pre-Trial & Trial
- Uncontested Divorce, Separation, Adoption, and or Name Change Representation (available 90 days after enrollment)
- IRS Audit Assistance
- 25% Preferred Member Discount (Bankruptcy, Criminal Charges, Other Matters, etc.)
- 24/7 Emergency Access for covered situations

If you are not currently a LegalShield member, benefit-eligible employees can enroll during open enrollment for the 2024 plan year. For more information, visit www.legalshield.com/info/ccsmi



Confidence comes with every card.™

Benefits 101

Schedule your annual check-up today

You go to the doctor when you're sick, but what about when you're healthy? Annual check-ups and tests can help find health problems early, and sometimes, before they even start. By having an annual health exam, you'll be taking important steps toward a longer, healthier life.

A routine health exam is a chance for your health care provider to:

- Screen for diseases
- Assess risk of future medical problems
- Encourage a healthy lifestyle
- Update vaccinations
- Maintain a relationship with you in case of illness

An annual check-up will allow you to talk with your doctor about specific health concerns. He or she may ask questions about your lifestyle behaviors, such as smoking, alcohol use, diet and exercise, vaccination status and family medical history. Your exam may also involve checking:

- Blood pressure
- Heart rate
- Respiration rate
- Temperature
- Heart and lung health
- Head and neck health
- Abdomen
- Blood and urine levels
- Prostate and testicles, for males
- Breasts and pelvis, for females

To find out what screenings and exams you might need, contact your primary care physician. If you don't currently have one, log in to your online member account or the mobile app and use the Find a Doctor tool.

Need to activate your online member account? Go to bcbsm.com/register and select Register Now, or download the app from the App Store® or Google Play™ (search BCBSM) and select Register.

App Store is a service mark of Apple Inc., registered in the U.S. and other countries. Google Play and the Google Play logo are trademarks of Google LLC.

Check this out

Check out this course Learn Emotional Intelligence, the Key Determiner of Success - a course provided by LinkedIn Learning. Find other courses of interest by clicking on the LinkedIn Learning icon in Access Manager.



Visit Our Office Garden!

Our plants appreciate visitors and so do we. Feel free to stop by the HR office to say hello. We are located on Ford campus on the second floor of the Yamasaki building.



How Can we Help?

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