

# Rooted In Wellness

JULY 2025



FOSTERING WELLNESS, INSPIRING HEALTH

## July Is SUMMER SAFETY MONTH

### Summertime Health

Summertime poses different health risks than other months. Specifically, food options and safety, water, and sun all of which impact our bodies. Follow these guidelines to maximize your fun in the sun.

**Fluid intake** is dependent upon several factors including your climate, gender, and physical activity level. It is recommended that women and men consume:

- **Women:** 11.5 cups of fluid or 92 ounces daily
- **Men:** 15.5 cups of fluid or 124 ounces daily

Fluid intake may come from several sources, it is best to drink mostly water.

**Healthier Eating** may be easier in the summer months with more options for fresh produce available. The summer time offers a larger variety of colorful foods from nutritious sources. Healthier foods may help you live longer, boost immunity, fight diseases and maintain a normal weight. Think watermelon, peaches, zucchini, and green beans!

**Healthy Eating Tips** include:

- Increase fiber consumption
- Reduce sodium and added sugar intake
- Burn as many calories as you consume

**Sun Exposure** Though you may enjoy spending time in the sun, being exposed to too much sun can be harmful. Luckily, using eye protection and sunscreen may protect you from dangerous UV rays while outside this summer. Wear UV-blocking sunglasses and a hat and don't forget the sunscreen. It is recommended to prevent sunburn and skin cancer. When it comes to sunscreen, remember the 5 W's:

- **Who:** Everyone exposed to the sun
- **What:** Broad spectrum SPF 15 or higher
- **When:** Every day
- **Where:** All exposed skin
- **How:** One ounce to entire body
- **Why:** Reduce your risk

In this newsletter you can expect:

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# Hydration and Healthier Beverages

Water is very important to our bodies, but just how important is it? Water makes up over 60% of an adult's body and it plays an important role in your body's function.

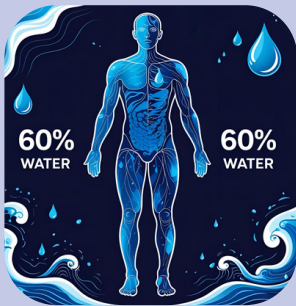
## Why do we need water?

- Water helps the body keep your temperature normal
- Water lubricates and cushions joints
- Water rids the body of waste
- Water protects the spinal cord

## How Much Fluid Should I Drink?

- Women should drink about 11.5 cups of fluid or 92 ounces daily
- Men should drink about 15.5 cups of fluid or 124 ounces daily

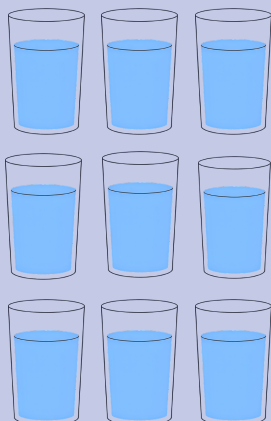
## Water Facts



Water makes up about 60% of your body weight

8-12 CUPS OF WATER

lost each day through breathing and sweating



## Preventing Dehydration

- Fill that water bottle — don't rely on beverages with caffeine or alcohol for hydration
- Take extra care in the heat — replenish electrolytes with sports drinks
- Change it up — increase water intake by flavoring your water with lemon

## Signs of Dehydration

- Chills
- Flushed or red skin
- Headache
- Dizziness
- Fatigue
- Dark yellow urine or not urinating much

## Check the Label for Hidden Sweeteners

In order to know if you are drinking a sugar-sweetened beverage, be on the lookout for these ingredients:

Honey	Syrup
Sucrose	Dextrose
Corn Syrup	
High fructose corn syrup	
Fruit juice concentrates	

[More info click here](#)





# Get in on UHC Rewards

Good news—your health plan comes with a way to earn up to \$300.  
UnitedHealthcare Rewards is included in your health plan at no additional cost.



## There's so much good to get

With UHC Rewards, a variety of actions—including things you may already be doing, like tracking your steps or sleep—lead to rewards. The activities you go for are up to you, and the same goes for ways to spend your earnings.

Here are just a few of the ways you can earn:

Connect a tracker	<b>\$25</b>
Take a health survey	<b>\$15</b>
Get an annual checkup	<b>\$25</b>
Get a biometric screening	<b>\$50</b>

Visit UHC Rewards for the full list of rewardable activities that are available to you—and look for new ways of earning rewards to be added throughout the year.

Earn up to  
**\$300**

## There are 2 ways to get started



### On the UnitedHealthcare® app

- Scan this code to download the app
- Sign in or register
- Select **UHC Rewards**
- Activate UHC Rewards and start earning
- Though not required, connect a tracker and get access to even more reward activities

[myuhc.com](https://myuhc.com)

- Select **UHC Rewards**
- Activate UHC Rewards
- Choose reward activities that inspire you—and start earning

United  
Healthcare



# REWARD YOURSELF WITH AN APPLE WATCH

With UnitedHealthcare Rewards, you can earn rewards for a variety of actions. And with the Earn It Off payment option, you can get an Apple Watch for a low – or \$0 – upfront cost and pay the remaining cost with the rewards you earn over 12 months.

For more info: [Apple Watch](#)

## How Earn It Off works

To get in on Earn It Off, go to **UHC Rewards** in the UnitedHealthcare® app and select **Redeem rewards**. Then you'll be ready to:

### 1 Get an Apple Watch

Choose your Apple Watch and pay a low – or \$0 – upfront cost today

### 2 Earn rewards

Every dollar you earn with UHC Rewards, including any already in your account, is put toward your Earn It Off total

### 3 Pay it off

Pay off the cost of your Apple Watch over 12 months



## Health Tip: Understanding Blood Pressure

### What Do the Numbers Mean?

Systolic Pressure (top number) measures the pressure in the arterial walls when the heart contracts.

Diastolic Pressure (bottom number) measures the pressure in the arterial walls when the heart rests between beats.

Hypertension is the medical term for high blood pressure. High blood pressure may not cause any symptoms.

### BLOOD PRESSURE GUIDELINES

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Elevated	120-129	and	less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 and higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	higher than 180	and/or	higher than 120

Many people with high blood pressure do not even know they have it.

## Consider These Tips When Reducing Your Risk for High Blood Pressure

- Don't use tobacco
- Get plenty of exercise, 150 minutes/week
- Reduce your use of alcohol if you do drink
- Eat a healthy diet rich in whole grains, fruits and vegetables
- Strive for a healthier body weight
- Find ways to cope effectively with stress, exercise is a great place to start
- When lifestyle changes are not enough, your health provider may prescribe medications to help lower your blood pressure

More info: [Understanding Blood Pressure](#)





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Ms. Erika Malone's  
Zumba Class  
Move with Erika Fitnss

Please join us!  
Everyone Welcome.  
Bring your Energy and your  
water bottle.



Register Here



Wednesdays 5pm- 6pm  
1<sup>st</sup> floor Room 801  
801 N. 11th street

SLPS WELLNESS

[www.slps.org/wellness](http://www.slps.org/wellness)

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