



Questions or Comments? Contact us:  
PEHP Wellness • 801-366-7300 or 855-366-7300  
email: healthyutah@pehp.org

## FEATURE

### Raising Immunization Awareness

During August we recognize National Immunization Awareness Month (NIAM). The goal of NIAM is to increase immunization awareness across the lifespan, from infants to the elderly.

August is an ideal time to make sure everyone in the family is up-to-date on vaccines before heading back to school and when planning ahead to receive flu vaccines. Learn more about vaccines and view the recommended immunization schedules for people of all ages [here](#).

Remember that a strong immune system begins with a healthy lifestyle, and PEHP wants to support your efforts. Start the month by tuning into our monthly webinar and learn all about PEHP Healthy Utah and the wellness benefits



available to you.

You can also sign up for our quarterly Health Challenge beginning August 3 titled, 'Boost the Brown Bag.' This email-based challenge encourages you to eat better and smarter during lunchtime. Have a great month!

– Your PEHP Wellness Team



#### IMMUNE SYSTEM FACT

A healthy immune system can defeat invading pathogens. Your first line of defense to support immune function is to choose a healthy lifestyle. – *Harvard Health*

### PEHP HEALTHY UTAH WEBINAR

#### PEHP Healthy Utah 101

**What:** Tune in for a crash course on everything you need to know about accessing and maximizing your wellness benefits with PEHP Healthy Utah.

**When:** Monday, Aug. 3 at Noon

**Presenter:** Maria Givler, PEHP Registered Dietitian

**Tune in:** [Register for upcoming webinar.](#)

**Can't make it?** All [PEHP Wellness Webinars](#) are archived for future viewing. View upcoming and recent [2015 webinars](#) or browse through our [2014 archives](#).

### HEALTHCHALLENGE

#### Boost the Brown Bag

[Register](#) for our email-based quarterly Health Challenge that runs during August. Join us for cost-saving tips, recipes, and tasty, time-saving ideas to make lunchtime a healthier and more nutritious experience! Participate and you may win an Amazon gift card!

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## MOVE IT

By Jill Bryan

### Exercise Improves Immune Function

All aspects of our lifestyle can have an effect on our immune system, including diet, stress levels, and physical activity.

Regular, moderate-intensity physical activity has been shown to help improve immune function. Research shows regular exercise temporarily increases the production of immune cells that fight viruses and bacteria by as much as 50-300%.

This increased benefit appears to last for a few hours after exercise, making it important to maintain a regular exercise routine.

While moderate exercise can improve immune function, exercising for long periods of time at a high intensity can have a negative effect on the immune system.

This may be due to increased stress on the body, along with increased levels of hormones produced during exercise.

Take time to allow your body to recover after long, high intensity workouts.

Follow the link to learn more about the [benefits of exercise on your immune system](#).



#### IMMUNE SYSTEM FACT

The immune system, which is made up of special cells, proteins, tissues, and organs, defends people against germs and microorganisms every day. *– National Institute of Health*

## WORKOUT WARRIOR

### 150 PARTICIPANTS IN JUNE

The theme of the June Workout Warrior was



**Exercise Right & Sleep Tight** – 150 Workout Warriors participated. KayLynn H. was the random winner of an Amazon gift card. Congratulations KayLynn!

The theme for August is **Move in the Cube**.

**Sign up for our Workout Warrior monthly challenge [here](#).** Workout Warrior is moderated by PEHP Wellness staff. Workout Warrior is email-based and self-paced. Participants receive useful health information about physical activity. Enroll to be better informed, increase your motivation, and you might even win a prize for participating!

**Keep moving!**



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## FOOD FOR THOUGHT

By Maria Givler

### Boosting Your Immune System

Typically we talk about how to boost the immune system as the colder weather starts to roll in. However, there is no time like the present to start (or maintain) the healthy behaviors that provide immune strength.

One important fact to remember is the immune system is an interconnecting network—and it requires balance and harmony. Your cumulative decisions regarding food, activity, rest, and stress management all play a part.

Some immune strengthening basics

include:

- » No tobacco use
- » Eating a diet high in vegetables, fruits, whole grains and low in saturated fat
- » Regular exercise
- » Maintain a healthy weight
- » Controlling blood pressure
- » Obtaining adequate rest
- » Frequent hand washing and proper sanitation
- » Receive regular check-ups

For more information on immunity and age, supplementation and stress, click [here](#).

## SIMPLIFY YOUR LIFE

By Tiffany Anderson

### Should You Get a Flu Shot?

Influenza is a leading cause of death for the elderly and those in poor health. The CDC studies early cases of the flu and develops a vaccine each year based on its predictions.

The flu vaccine protects most people and reaches full effectiveness one to two weeks after being vaccinated. **Side effects** are minimal. A small percentage of people may run a slight fever and experience minor muscle aches near the injection site.

**Severe reactions** are rare though there are precautions to take. Tell your doctor if you:

- » Are [sensitive to eggs](#)
- » Are [pregnant](#)



- » Have ever had Guillain-Barrè syndrome

If any unusual condition occurs following vaccination, seek medical attention right away. Ask your doctor or health department to report a possible reaction by filing a [Vaccine Adverse Event Reporting System](#) (VAERS) form or call 1-800-822-7967 to receive a copy of the form.



#### IMMUNE SYSTEM FACT

Organs of the immune system include the thymus, spleen, lymph nodes, appendix, tonsils, and bone marrow – the source of all blood cells and lymphocytes.

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## PEHP WAIST AWEIGH

By Emily Mecham

Contact us:  
PEHP Waist Aweigh • 801-366-7300 or 855-366-7300  
email: waistaweigh@pehp.org

## Boost Immunity to Barriers

Despite appearances, no one is immune from challenges to goals for better health. So if you feel you have been given more than your fair share of hurdles, consider what you can control!

Prepare yourself to stand up to setbacks by taking this step before you even start new goals. Here are some questions to answer:

- » What barriers have derailed me before? How will I avoid them in the future?
- » What is my backup plan for handling

challenges I can't avoid?

- » What are possible triggers for unhealthy habits in my daily routine? How will I change them?
- » Who is my support system? How will I ask for help?
- » How will I remind myself often of my reasons for these goals?
- » What positive thoughts about myself will I think when setbacks happen?

For other points to consider, read "Ready to Change Your Habits?"



### PEHP WAIST AWEIGH

Have a BMI of 30 or higher? With your dedication and our support, a healthier lifestyle is within reach with PEHP Waist Aweigh.

LEARN MORE/  
ENROLL  
**HERE**



### IMMUNE SYSTEM FACT



Cytokines are proteins that protect against infection, inflammation, and stress. When you are sleep deprived, your body may produce fewer of these protective proteins, as well as antibodies and cells which also fight infection.

– *Mayo Clinic*

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## PEHP WEECARE

**Contact us:**  
PEHP WeeCare • 801-366-7400 or 855-366-7400  
email: weecare@pehp.org

# Importance of Vaccines

Immunizations are designed to keep us safe from serious diseases such as polio, measles, pneumonia, rubella, the flu, smallpox, and diphtheria.



Download the Parent's Guide to Childhood Immunizations [here](#).

It is especially important for younger children to be vaccinated since they are more vulnerable to disease and their immune system has not fully matured.

According to the Utah Department of Health, disease epidemics can recur when children are not immunized. For example, over 1,500 pertussis (whooping cough) cases were reported in Utah during 2012.

This outbreak could have been minimized if more children had been vaccinated and if families and friends had been [vaccinated against pertussis](#).

Keep your children safe and help prevent the outbreak of disease by following the recommended immunization schedule. These recommendations protect not only your loved ones but the entire community.

Educate yourself and learn more about:

- » [Vaccine safety](#)
- » [Adolescent immunizations](#)
- » [Adult immunizations](#)
- » [Immunization clinics](#)



## PEHP WEECARE

PEHP WeeCare is a pregnancy and postpartum program provided to help expectant mothers have the healthiest and safest pregnancy possible.

**LEARN MORE/  
ENROLL  
HERE**



### IMMUNE SYSTEM FACT

Never forget! Receive free email reminders regarding which immunizations are recommended for children two months through eighteen months of age. Sign up for reminders [here](#). – *Utah Dept of Health*

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## MARK YOUR CALENDAR

Sign up for a PEHP Healthy Utah testing session.

**CLICK HERE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>national <b>IMMUNIZATION</b> awareness month</p>					1
<p>2</p> <p>Health Tool of the Week: <a href="#">Body Basics: About the Immune System</a> </p>	<p>3</p> <p>Noon Webinar: "PEHP Healthy Utah 101"</p> <p>HU TESTING SESSION Spanish Fork</p>	<p>4</p> <p>HU TESTING SESSION Cedar City / Taylorsville</p>	<p>5</p> <p>HU TESTING SESSION Cedar City</p>	<p>6</p> <p>HU TESTING SESSION St George/Roy</p>	<p>7</p> <p>HU TESTING SESSION Salt Lake City</p>	<p>8</p>
<p>9</p> <p>Health Tool of the Week: <a href="#">Instant Childhood Immunization Schedule</a> </p>	<p>10</p> <p>HU TESTING SESSION Salt Lake City</p>	<p>11</p> <p>HU TESTING SESSION Riverdale</p>	<p>12</p> <p>HU TESTING SESSION North Salt Lake</p>	<p>13</p> <p>HU TESTING SESSION Ogden</p>	<p>14</p> <p>Ramadan Ends</p> <p>HU TESTING SESSION Sandy</p>	<p>15</p>
<p>16</p> <p>Health Tool of the Week: <a href="#">What are Immune System Disorders?</a> </p>	<p>17</p>	<p>18</p> <p>HU TESTING SESSION Vernal / Richfield</p>	<p>19</p> <p>HU TESTING SESSION Vernal / Richfield</p>	<p>20</p> <p>HU TESTING SESSION Roosevelt / Richfield</p>	<p>21</p> <p>HU TESTING SESSION Duchesne / Richfield</p>	<p>22</p>
<p>23</p> <p>Health Tool of the Week: <a href="#">Stress and the Immune System</a> </p>	<p>24</p> <p>HU TESTING SESSION Salt Lake City</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>
<p>30</p> <p>Health Tool of the Week: <a href="#">Immunity in Action</a> </p>	<p>31</p> <p>HU TESTING SESSION Blanding</p>	<p>HU TESTING SESSION Salt Lake City / Escalante</p>	<p>HU TESTING SESSION Riverton / Panguitch</p>	<p>HU TESTING SESSION Taylorsville / Tropic</p>	<p>HU TESTING SESSION Salt Lake City / Panguitch</p>	

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