AUGUST2015



## **FEATURE**

### **Ouestions or Comments? Contact us:**

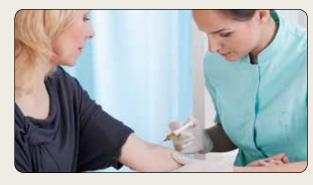
PEHP Wellness • 801-366-7300 or 855-366-7300 email: healthyutah@pehp.org

### **Raising Immunization Awareness**

uring 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 emailbased 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 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 vou may win an Amazon gift card!

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### **Exercise Improves Immune Function**

↑ ll aspects of our lifestyle Acan 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 - National Institute of Health microorganisms every day.

### **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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# By Maria Givler

### **Boosting Your Immune System**

Typically we talk about include:

how to boost the Note to be a possible t 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

- » 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 checkups

For more information on immunity and age, supplementation and stress, click here.

# By Tiffany Anderson

### Should You Get a Flu Shot?

**T**nfluenza is a leading cause of Ldeath 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 <u>pregnant</u>



» 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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### Contact us:

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

# By Emily Mecham ASTAWEIGH

# **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?"



### **DEHD WAIST AWEIGH**

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

### **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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### Contact us:

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

# Importance of Vaccines

Tmmunizations are designed to Lkeep 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 vounger 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.

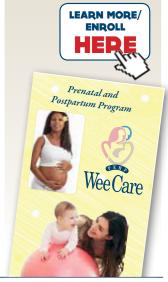
Educate yourself and learn more about:

- » Vaccine safety
- » Adolescent immunizations
- » Adult immunizations
- » Immunization clinics



### **DEHD** WEECARE

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



### 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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# MARKYOURCALENDAR

Sign up for a PEHP Healthy Utah testing session.



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