



July is Summer Health month!

Make summer a season of well-being

The summer sun brings warmth and light and inspires us to get outside and enjoy activities we can't during colder months. Whether you're looking forward to swimming, barbecues or summer sports and concerts, remember to take care of yourself:

- ✔ **Protect your skin.** Apply and reapply sunscreen with a high SPF. Wear sunglasses, hats and protective clothing.
- ✔ **Stay hydrated.** Drink plenty of water throughout the day — even if you don't feel thirsty — to prevent dehydration.
- ✔ **Practice water safety.** Never swim alone, always supervise children near water and wear life jackets.
- ✔ **Stay cool.** Heat-related illnesses like heat exhaustion and heatstroke can be serious. Seek shade and use fans or air conditioning. Never leave children or pets unattended in parked vehicles.
- ✔ **Eat healthily.** Enjoy seasonal fresh fruits and vegetables, salads, smoothies and lean proteins to get essential nutrients.

Weight management support and summer recipe from WeightWatchers

Feeling intimidated about exercise and diet? Exercise doesn't have to be intense to be beneficial — walking is an effective low-impact activity that can be beneficial for your overall health. And when it comes to making healthy food choices, you don't need to give up flavor. Beat the summer heat with this two-ingredient **banana “nice” cream recipe** from WeightWatchers!

WeightWatchers is available today at no cost to active employees and their spouses — giving you access to endless recipes for summer inspiration. [Click here](#) if you are an active Anthem Health Plan member or [click here](#) if you are an active Kaiser Permanente Health Plan member to learn more.



MENTAL MOMENT

Exposure to forests and trees helps decrease mental fatigue by relaxing and restoring the mind, while boosting serotonin levels to increase energy and mood. Find a forest near you to experience the many benefits of forests and trees.

[Spending time around trees has many health and recreational benefits](#) — Presented by Georgia Forestry Commission.



MONTHLY WELL-BEING TIP: Protect your skin

Apply sunscreen when going outside, even if it's overcast. [Review this infographic](#) from Augusta University to be sun smart and skin safe.

JOIN US FOR LIVE USG WELL-BEING EVENTS

Register now to attend these upcoming events.

JULY 3 — Well-being Wednesday: Stay Cool, Stay Hydrated by Anthem at 12 p.m. ET

JULY 8 — Money Monday: TRS Pre-Retirement by TRS of GA at 12 p.m.

JULY 17 — Well-being Wednesday: Sun Safety by Kaiser Permanente at 11 a.m. ET

JULY 22 — Money Monday: Take the First Step to Investing by Fidelity at 12 p.m. ET

JULY 29 — Money Monday: Do Yourself a Favor and Become a Better Saver by CAPTRUST Financial at 12 p.m. ET



Visit the [Events Calendar](#) for more events.

Explore the [USG Well-being website](#) for more information.