

SCL Health Monthly Benefits Spotlight

June 2022 – Outdoor Safety and Well-Being

With summer approaching and cabin fever at an all-time high, we can now look forward to the many wellness benefits associated with getting outdoors. Studies show that being outside in nature is relaxing, reduces our stress, cortisol levels, muscle tension and heart rates – all of which are risk factors for cardiovascular disease. But the great outdoors can also lead to over exposure to the sun, dehydration and swimming and camping accidents and more.

Our benefit partners are here for you and your overall well-being. Be sure to access the valuable resources and tools to live a healthier life and make informed decisions.

BENEFIT PARTNER	HELPFUL RESOURCE
Kaiser kp.org	Protecting your skin from the sun is important. Watch this brief video to learn the best ways to protect yourself and your loved ones from over exposure and sunburn.
Cigna EAP myCigna.com	The Employee Assistance Program (EAP) is real support for real life. It's confidential and available at no cost to you. I bet you didn't know that EAP can also help with everyday living and can provide helpful resources to improve your life's experiences and well-being. View this presentation for essential summer living tips. More information can be found on myCigna.com > Coverage>EAP>Living section.
Cigna and Kaiser myCigna.com or kp.org	Skin screenings can detect melanoma and other skin cancers early and make it easier to treat. If you're at increased risk for skin cancer, you may need an annual skin cancer screening exam. You will want to log into your Cigna or Kaiser medical plan portal to find a network provider to schedule your annual preventive skin care visit.
EyeMed eyemedvisioncare.com	Most of us know the sun is bad for our skin, but did you know the sun wreaks havoc on the eyes, too? You may not be able to slather your eyes in sunscreen, but you can help shield them. Read this informative article on 5 Ways you can protect your eyes from the sun.
Perks At Work perksatwork.com	Did you know that SCL Health partners with Perks At Work (PAW) so that you have access to thousands of retail discounts and through Perks at work? Anywhere from travel, goods and services, and more to help you plan for a fun and healthy summer. Also, offered through PAW, is their Community Online Academy. You can find a full array of classes, webinars, Kids Curriculums, Crafts, games and so much more.