



# Wellbeing

*Living a Better, More Vibrant Life*

# Insights



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## August – It's Immunization Awareness Month!

In the past century, vaccines have saved countless lives and reduced or eliminated the death rate of many diseases. Vaccinations can protect you and your loved ones from potential serious disease and also protect others who are vulnerable to a disease but cannot be vaccinated due to a restriction.

The chart on the next page specifies the CDC's recommended immunizations for adults; speak with your

doctor about vaccines you believe you may need. In some cases, your healthcare provider may advise that you cannot safely receive a particular vaccine or that you do not need it.

Depending on your specific risk factors, including age, health, occupation and lifestyle, other vaccinations (for example, meningococcal, Hepatitis A and/or B or Hib) may be recommended. If you are caring for children or aging

relatives, speak with their healthcare providers about the vaccines that will protect them from serious and life-threatening illnesses. This summer is a good time to update your and your children's vaccination records in preparation for a new school year.

# 2015 Recommended Immunizations for Adults

Vaccine	Protection From	18-21 yrs.	22-26 yrs.	27-49 yrs.	50-59 yrs.	60-64 yrs.	65+ yrs.
Influenza	Flu	Flu Vaccine Every Year					
Td/Tdap	Tetanus, diphtheria, pertussis	1 dose of Tdap, then Td booster every 10 years					
Herpes-Zoster	Shingles						1 dose
Pneumococcal	Bacterial infections, including pneumonia, septicaemia, meningitis						
PCV13							1 dose
PPSV23							1 dose
MMR	Measles, Mumps, Rubella	1 or 2 doses before age 55 (IF you did not receive as a child)					
HPV	Human papillomavirus						
For Women		3 doses					
For Men		3 doses					
Varicella	Chickenpox	2 doses (IF you did not receive as a child)					

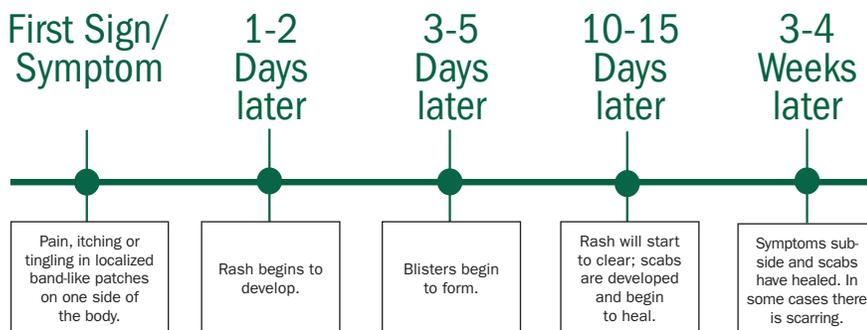
## Spotlight on Shingles

Shingles (formally known as “Herpes Zoster”) is an illness caused by the same virus responsible for chickenpox: varicella-zoster. The virus stays dormant in the body after chickenpox but for unknown reasons can reactivate years later. This reactivation happens to one in three people and is the cause of shingles. The primary symptom of shingles is a painful rash on one side of the body and/or face. Other symptoms include fever, headache and chills. The progression typically looks something like the timeline shown below.

One in five people who experience shingles develops a condition called postherpetic neuralgia, wherein a person experiences severe pain months or years after the rash has healed, due to significant damage by the virus to the nerve fibers.

If you experience symptoms, see your healthcare provider immediately! The sooner you seek treatment (typically an anti-viral medication), the better it will work in reducing the pain, severity and length of the disease.

The risk of shingles increases with age, with about half of shingles cases occurring in people over the age of 60. Although the Food and Drug Administration has approved use of the vaccine in adults over the age of 50, the Centers for Disease Control and Prevention (CDC) recommends vaccination at/after the age of 60 due to the fact that protection from the vaccine decreases over time. Studies are still being conducted to verify how long protection from the vaccine lasts and the effectiveness of ‘booster shots’. Therefore, vaccination before age 60 could result in less protection during the years of highest risk.



It's important to note that shingles is increasingly common in younger adults. You can speak with your healthcare provider to determine if getting vaccinated earlier is right for you. No serious problems have been found related to the vaccine, and there is very low risk of serious harm associated with it.

## On the Menu

# Tomato Time!

Homegrown tomato harvest is in full swing, and with the outstanding health benefits tomatoes offer, you can feel good about getting your fill! One cup of fresh tomatoes provides 1/3 of your daily recommended intake for Vitamin C and is also a good source of Vitamins A, K, folate and fiber. However, the real nutritional edge is in the pigment that gives tomatoes their color: lycopene.

The research on lycopene provides solid evidence for its role in cancer prevention. More than 80% of lycopene consumed in American diets comes from tomatoes; they are

nature's richest source of this powerful antioxidant. The abundant antioxidant content of tomatoes also helps to support your body's systems, including your heart, bones, skin, blood, eyes, liver and kidneys by reducing inflammation that damages these systems.

**Keep it fresh:** Tomatoes should be stored stem side down, in a single layer, at room temperature. If they still need to ripen, place them in the sunlight. Otherwise, keep them out of the sun. If your tomatoes are beginning to over-ripen place them in the refrigerator. Bring the tomatoes

back to room temperature before eating to help recover any flavor that may have been lost due to refrigeration.

As for the age-old debate on whether tomatoes are a fruit or a vegetable, the answer is simple: they are both. Scientifically, tomatoes are a fruit (along with squash, cucumbers, and peppers). Legally (and most culinary experts would agree), tomatoes are classified as a vegetable.

## Caprese Salad with Balsamic Reduction

### Ingredients:

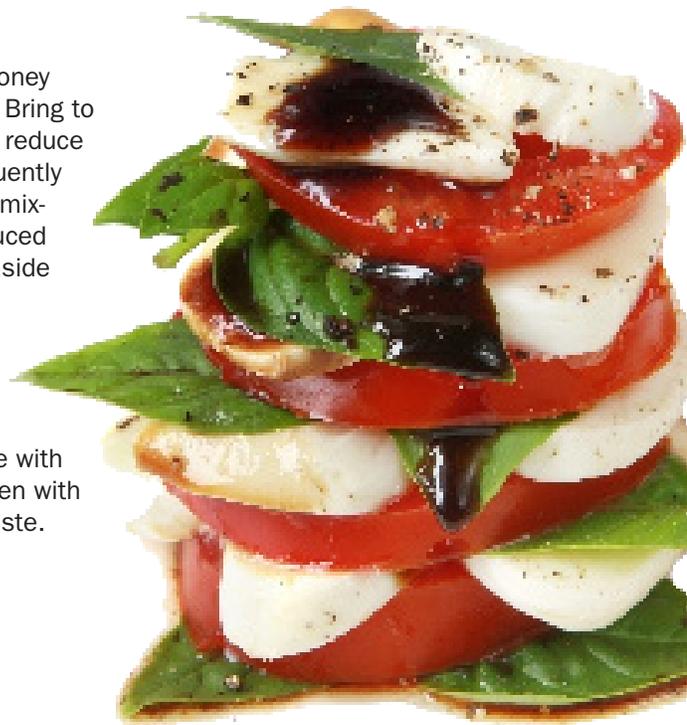
1 cup balsamic vinegar  
¼ cup honey  
3 large tomatoes, ½-inch thick slices  
16 oz (1 lb) fresh mozzarella cheese, ¼-inch thick slices  
Salt & pepper  
15-20 fresh basil leaves  
Olive oil for drizzling

Nutrition Info	
Per Serving	
Calories	367
Carbohydrates	26g
Sugar	21.1g
Fiber	1.7g
Protein	25.6g
Sodium	525mg

### Directions:

Whisk balsamic vinegar and honey together in a small saucepan. Bring to a boil over medium heat, then reduce heat and simmer, stirring frequently to avoid burning, until vinegar mixture has thickened and is reduced by 1/3 (10-20 minutes). Set aside to cool.

Layer alternating slices of tomato and mozzarella, adding a basil leaf between each, on a large platter. Drizzle with the balsamic reduction and then with olive oil. Salt and pepper to taste. Serves 4.





## Financial Focus

# Saving at Restaurants

The average American buys meals away from home four to five times per week, eating up more than half of an individual's food budget. It's possible to enjoy dining out without breaking the bank! Consider making the following simple changes to save hundreds of dollars every year.

- **Drink water.** Beverages have the highest mark-up of any item you find in a restaurant. Stick to water to save yourself some cash and avoid hundreds of empty calories.
- **Portion control.** Most entrees are plenty of food for two meals. Ask for a to-go container at the beginning of the meal and portion out half to save for lunch tomorrow. Your waistline will thank you along with your wallet.
- **Eat ahead of time.** Sitting down at a restaurant when you are super hungry leads to over-ordering and overeating, which means dropping more cash. Before you head out for dinner, have a light snack. A fresh piece of fruit or a couple of ounces of protein are ideal.
- **Follow your favorites.** Most restaurants have social media pages; it pays to follow them for alerts on special deals.
- **Check daily deal sites.** You can save a ton by getting online coupons or using those in the weekly ad. Groupon, LivingSocial and restaurants.com are some of the more common sites. If you have kids, make sure you know which local restaurants offer a 'kids eat free' night. (At kidsmealdeals.com you can search for these specials.)
- **Opt for self-service.** Choose an establishment that offers restaurant-quality food without the sit-down service, such as McAllister's, Chipotle or Panera. This can save you 20% on your ticket simply by avoiding the need to tip.

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*“There are two choices in life: to accept conditions as they exist, or accept the responsibility for changing them.”*

*– Denis Waitley*

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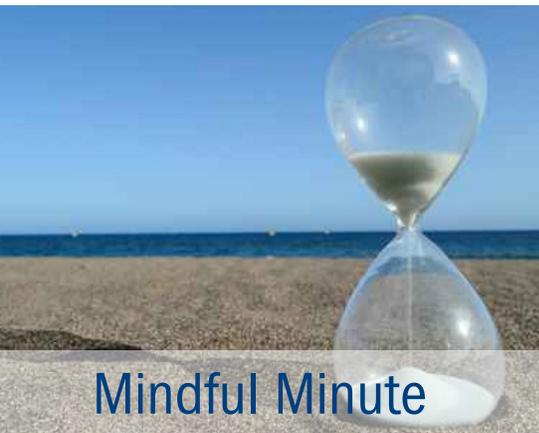


## App in a Snap

**Name:** HealthyOut  
**Price:** Free  
**Focus:** Nutrition

HealthyOut uses your location to generate a list of restaurants in your area that includes their healthiest options and each menu item's nutrition information. The search tool allows the user to filter results based on personal dietary preferences. The HealthyOut database may not have all your favorite dives, but it's still worth adding to your collection if you are frequently on the go and need a way to quickly locate healthy meal options.

Kelly Mooney, CBIZ Wellness Consultant, uses HealthyOut to make smarter dining choices while traveling for work.



## Mindful Minute

Even in the hustle and bustle of our daily lives, we inevitably find ourselves in situations where we have no choice but to wait – wait in line, wait in traffic, wait for a flight, wait for others to arrive to a meeting. Waiting can be a source of frustration, and in an effort to fill the void of waiting, we might check email on our phone, make a to-do list or think about what to make for dinner. But, in filling every moment with activity, we miss opportunities for mindfulness. The next time you find yourself becoming anxious from waiting, try this technique called **Equal Breathing**:

**Bring your attention to your breath. Inhale for a count of four and exhale for a count of four. Repeat several times.**

Let go of annoyance and frustration and allow everything to just ‘be’. Equal breathing will help calm your nerves and increase your focus.

The *Wellbeing Insights* Newsletter is prepared for you by CBIZ Benefits & Insurance Services. The contributions included in this newsletter do not specifically reflect your employer’s opinions. Consult your healthcare provider before making any lifestyle changes.

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# Heat-Related Illnesses

It’s peak season for outdoor sports, camping and other warm-weather activities, but too much time in the brutal heat can have serious consequences. Get familiar with the red flags of heat-related illnesses to stay safe this summer.

## Heat Exhaustion

Caused by either water or salt depletion in combination with the body’s failure to cool itself sufficiently. While not as serious as heat stroke, it can lead to heat stroke if left untreated.

What it looks like:	What you should do:
<ul style="list-style-type: none"> <li>• Heavy sweating</li> <li>• Weakness, dizziness</li> <li>• Cold, pale, clammy skin</li> <li>• Fast, weak pulse</li> <li>• Nausea or vomiting</li> <li>• Fainting</li> <li>• Muscle cramps</li> </ul>	<ul style="list-style-type: none"> <li>• Move to a cooler location.</li> <li>• Lie down and loosen or remove clothing.</li> <li>• Take a cool shower, bath or sponge bath.</li> <li>• Drink water.</li> <li>• If symptoms persist after 15 minutes of treatment, especially vomiting, seek emergency medical help.</li> </ul>

## Heat Stroke

Caused by dehydration and a rise in core body temperature (greater than 105° Fahrenheit). Heat stroke can happen very quickly with little warning and can be a life-threatening condition.

What it looks like	What you should do
<ul style="list-style-type: none"> <li>• Hot, red and dry skin</li> <li>• Rapid, strong pulse</li> <li>• Nausea/vomiting</li> <li>• Fatigue, weakness</li> <li>• Throbbing headache</li> <li>• Confusion, delirium, dizziness</li> <li>• Seizures</li> <li>• Unconsciousness</li> </ul>	<ul style="list-style-type: none"> <li>• Call 911; this is a medical emergency!</li> <li>• Move the person to a cooler environment.</li> <li>• Do not give fluid.</li> <li>• Reduce the person’s body temperature with a fan, immersion in cool water or ice packs to the armpits, groin and neck.</li> </ul>