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QUOTE OF THE MONTH
“Summertime is always the best of what might be.”
- CHARLES BOWDEN

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FEATURED ARTICLE
Have a Safe Summer
With these genius tips, nothing will get in the way of your family’s fun.

Learn more on page 2

FEATURED ACTIVITY
Strengthen Your Back
Keep your back healthy and pain-free to support an active lifestyle.

Read more on page 5

FEATURED LIVE WEBINARS
July Live Webinars
CaféWell coaching webinars offer great ways to stay happy and healthy all month long.

Learn more on page 6
Sure, summer is all about fun. But that doesn’t mean you shouldn’t take steps to make sure your family stays safe. Here’s what you need to know to avoid accidents and keep everyone having a good time.

**Be vigilant about sunscreen.**
Being the CEO of your kids’ sun care is hardly a beachy gig. These tips may make the endless squirt-rub-and-repeat cycle easier.

“My toddler squirms so much that I just can’t get the stuff on!”

**Solution:** Remember: “The more you cover her up with clothing, the less sunscreen she’ll need,” says Karyn Grossman, M.D., a dermatologist with practices in Los Angeles and New York City. “Protective gear, like long-sleeved rash guards, is a really easy way to go.” For the remaining exposed skin, use whatever means necessary to get the job done. Some parent-tested tactics: hand over a phone cued up with an enthralling app, squirt on the sunscreen in silly shapes or offer an incentive like a sticker upon completion.

“Sunscreen irritates my son’s eyes.”

**Solution:** Around that ultra sensitive area, use a water-resistant stick. “The water resistance will keep it from dissolving when it comes in contact with the moisture of his eyes,” says Grossman.

“My kid is covered in sand!”

**Solution:** Pack a small bottle of baby powder in your beach bag—it works like magic to remove stubborn sand from skin. If you have a baby or a toddler, consider bringing an inflatable pool with you to keep under your umbrella. Fill it with water so you can rinse off your sandy child, towel her dry, and then...
apply a generous new layer of spray-formula sunscreen to her body.

**Keep the mosquitoes at bay.**

Spend less time worrying about those pesky mosquitoes with this three-step plan.

1. **Use the right repellent.** The American Academy of Pediatrics (AAP) recommends products with DEET, which protects against Zika as well as Lyme disease and West Nile virus. Children ages 2 months and older can safely use a repellent containing 5 to 7 percent DEET. There’s no reason for a child to use a “Deep Woods” eight-hour formula, which has 25 percent DEET. If you’re in a low-risk area, you can use a product that contains 5 percent DEET or less.

   Spray a repellent onto your hands, then rub it onto your child’s skin, being careful to avoid the eyes, nose and mouth. (Never apply repellent on her hands, which may end up in her eyes and mouth.)

2. **Dress wisely.** In the evenings or when there are a lot of mosquitoes around, cover up with a long-sleeved shirt, long pants and socks. Breathable fabrics with a tight weave—like the quick-dry materials used in high-performance athletic wear—are difficult for mosquitoes to penetrate.

   In particularly high-risk areas, you may want to pick garments that are pretreated with the insecticide permethrin. “When a mosquito lands on this kind of clothing, it will fly off and then die,” says Jonathan F. Day, Ph.D., professor of medical entomology at the University of Florida, in Gainesville.

3. **Safeguard your yard.** “If you have a semi-enclosed patio or pool area with two or three walls, then a mosquito lantern that releases permethrin can be effective,” says Day. Don’t bother with citronella candles, torches and lanterns; even the slightest breeze blows the active ingredient away.

   For open areas, rely on wind power. Set out a big box fan. Says Day, “Once the air speed reaches more than 1 mile per hour, mosquitoes have a difficult time flying.”

**Be safe around the pool.**

Drowning is the leading cause of unintentional death for children ages 1 to 4 years old—and every year, more than 300 children under age 18 drown in a pool or a spa. “Each of these tragedies could have been prevented,” says Elizabeth Klinefelter, the Consumer Product Safety Commission’s pool-safety campaign leader. Vow to follow these essential safety rules.

**Designate an adult “water-watcher.”** Get a floppy hat to pass around at pool parties. Whoever wears it is responsible for watching the kids splash around (even if they know how to swim). The water-watcher should stay within an arm’s length of any child who isn’t yet swimming independently.
Sign your kid up for swimming lessons. Every child is different, but in general it’s never too early to start getting comfortable in the water. The AAP recommends, for most children, beginning lessons by age 4.

Don’t rely on floaties. Air-filled armbands can deflate and put your child at risk. Put your child in a life jacket instead.

Block off your pool. Install a nonclimbable fence—at least 4 feet high with a self-closing, self-latching gate—around the entire perimeter. (If your back door opens directly to the pool area, install an audible alarm as an alert.)

Practice good food safety. Stomach-churning but true: food borne illnesses are most common in summer, when high temperatures speed bacteria growth, and outdoor cooking (without refrigeration or indoor plumbing) reigns supreme. Here’s your recipe for beating the odds.

At a Barbecue
Keep raw meat and veggies separate. To help avoid cross-contamination, give each type of food its own cutting board, platter, serving dish and tongs.

Never serve undercooked burgers. Cook pork, beef and lamb burgers to a minimum internal temperature of 160°F; aim for 165°F with poultry.

Mind your sauces and marinades. If you baste your food on the grill, use a fresh batch of sauce—not the marinade the meat was sitting in—and wait until the last few minutes to slather on multiple coats. Once the exterior of the meat is well cooked, it won’t contaminate the rest of the sauce.

On a Campout
Prep ingredients in advance. Chop fruits and veggies, make burger patties and butcher your chicken at home, then place the items in sealed bags in a cooler.

Keep coolers cold. Before you pack them, chill each one with ice for 30 minutes.

Create a handy hand washing station. No running water nearby? Set up two washing tubs: the first is full of hot water and soap, the second has cold water.

At a Picnic
Don’t let food languish. Perishable items left out for two or more hours should not be consumed, especially if they contain mayonnaise. Rather than setting out a whole container at once, pour a small portion into a serving dish for guests and then refill it from your cooler as necessary.

Chuck any used condiments. If everyone’s been helping themselves to the same jar of jam and tub of butter over the course of a picnic, there’s a good chance bacteria has been introduced into them. Portion them out into smaller containers, buy squeeze bottles, or toss the open jars when the meal is over.

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Strengthen Your Back

Regularly practicing strengthening exercises is an important part of maintaining back health. Join this 28-day program to help keep your back strong, pain-free, and ready to support you no matter what you like to do!

Here are a few movements to help get your back on track:

**Shoulder blade squeeze:** Sit up straight in a chair with your palms on your thighs. Keep your chest high and pull your shoulder blades together. Hold for a several seconds...then do it again!

**Lower back rotational stretch:** Pull out an exercise mat and lie on your back with your knees bent and feet planted flat. Roll your knees (keeping them bent) to one side with your shoulders firmly on the floor. Hold the pose for a few seconds before returning to your starting position, then do it again on the other side.

**Cat/Cow stretch:** Two animals, one dynamic stretch that’s great for your back! On a mat, place your hands and knees on the floor with your hands under your shoulders and knees under your hips. From a neutral spine position, round your back so that you feel a stretch between the shoulder blades (picture a cat rounding its back). After holding for a few seconds, drop your stomach and arch your lower back for the cow portion of the stretch. Hold for another few seconds and take it from the top!

**Bonus tip:** Throughout the day, try to sit up straight with your shoulders back and use a lower-back support (e.g., lumbar pillow or rolled up towel) to prevent any extra pressure on your back. Don’t forget to check in on your sitting posture from time to time; good posture coupled with changing seated positions at least every half hour can help you manage back pain.

Follow these tips, and start looking forward to a healthier back!
FEATURED LIVE WEBINARS

Enjoy a healthy and happy summer with live video webinars featuring the expert coaches at CaféWell. In addition to the titles on the right, you can also join Coach Paulette for strategies to get your kids away from screens and outside this summer, Coach Doris for tips to keep people and pets safe in the car as temperatures rise, and Coach Lauren for 10 tips to help boost your endorphins. Check out the upcoming webinar schedule on CaféWell and pick the sessions that are best for you!

Reserve your space now at www.magellanhealth.com/member.