

LIFESTYLE BENEFITS

Energize YOUR Life

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Health & Wellness

Cryotherapy's Cool Benefits

Sometimes you have to cool things down to heat up your health. Cryotherapy is the use of cold materials as treatment; a common form is ice packs. Whole body cryotherapy involves exposing your body to temperatures as low as -200°F for a few minutes. The body is bathed in cold air or liquid nitrogen in a tank. Potential benefits include:

Pain Relief/Muscle Healing

Cold air may increase blood circulation, promoting healing.

Weight Loss

Some claim cryo can increase metabolism.

Reducing Anxiety

Cryo may reduce inflammation linked to mental health conditions.

Treating Migraines

A 2013 study found that cryo reduced migraine pain.

Pregnant women, children or people with high blood pressure or heart conditions should not try cryotherapy, and it must be done in a professional setting. The FDA has not yet approved cryotherapy as a medical treatment.

Don't Wait, Vaccinate

Your child's health and safety are a huge priority – and keeping up with immunizations is important.

1. Keep your child healthy. Your child can be protected from more diseases today than ever. Chickenpox was once common in the U.S., but use of the vaccine, which is about 94% effective, has greatly reduced it.

2. Safe and effective. Immunizations are not available until they've been reviewed carefully by doctors and scientists. Serious side effects are very rare.

3. Save money and time. If a child contracts a vaccine-preventable disease, they can be denied access to schools or child care centers. Vaccines prevent prolonged medical costs and are usually covered by insurance.

4. Protect others. Vaccine-preventable diseases still affect children in the U.S. in part because not every child is vaccinated. Since 2010, there have been between 10,000 and 50,000 whooping cough cases, and 10 to 20 babies have died as a result. Immunizing your child helps protect those who can't due to young age or allergies.

5. Protect future generations. Diseases common a few generations ago are now reduced. Smallpox no longer exists because its vaccine eradicated it. Vaccines help slow the spread of diseases – with your help!



Which Water?

We're often told to drink more water. But which kind?

Tap Water comes directly from your faucet. It's regulated by local municipal bodies and treated with chemicals to kill bacteria and other contaminants, leading some to believe tap water is unsafe.

Mineral Water is obtained from underground and rich in minerals including calcium, manganese and magnesium. No additional minerals are added, and its treatments before packaging are limited.

Rainwater accumulates underground and create springs. This **spring water** isn't purified, but is treated similarly to tap water when transported and bottled.

Purified Water is purified to remove all bacteria and contaminants. Its strict treatment process makes it purer than filtered, spring or tap water.

Distilled Water is treated to remove all minerals and salt. It's not recommended for drinking as it can cause mineral deficiencies.

Raw Water is spring water that hasn't been treated or filtered. Proponents believe it's healthy because it's not treated by chemicals and could have natural beneficial minerals. However, raw water doesn't follow EPA guidelines, so it could be unsafe.



Benefit Spotlight

Biometric Benefits

A biometric health screening measures characteristics such as height, weight, body mass index, blood pressure, blood cholesterol, blood glucose and aerobic fitness. These screenings can be taken at your work site and used as part of a workplace health assessment to evaluate employee health status. Think of it like a check-up for your company.

A typical screening might include:

- ❖ A fasting intravenous blood draw to test for cardiovascular disease risk or diabetes risk
- ❖ Body measurements including height and weight, body fat percentage, waist and blood pressure

Screenings can help identify any medical issues, determine risk for disease and find strategies for improved health. **75% of health care costs come from preventable chronic conditions.** Early identification of risk factors can help prevent these issues. Improvement is sometimes rewarded by your employer with gift cards or lower insurance premiums. For your employer, biometric screenings can identify risk factors, reduce health plan costs and help them organize their wellness programs. Individual results and health data are confidential and protected by HIPAA. Participating could help your health and your wallet!



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