

# SAFETY & WELLNESS UPDATE



## JANUARY 2020

### New Year, New Decade, Healthier Lifestyle!

Let's make 2020 the year of living well, healthy and happy! To get you started on your path to a year of wellness, check out some FREE benefits that can jumpstart your journey.

#### On Site Health Support Visits

- \* Lexington employee and Registered Nurse Michelle Peryea is here to provide you and your family members with support in making a healthy lifestyle change. In a confidential, supportive, comfortable environment, Michelle will work with you to manage and develop a personal health plan that fits your needs!
- \* Appointments are available at your convenience and can be made by contacting Michelle at (518) 775-5420.

#### FREE Healthcare Benefits

**The Employee Assistance Program:** providing a vital benefit to help you with everyday issues!

- \* Access thousands of articles, assessments, trainings and videos on virtually every area of your life. Plus, free, confidential, one-on-one personal and professional financial, legal, wellness, retirement and resilience counseling! Take advantage of their financial, legal and debt counseling professionals as well as many online resources. Visit [www.theEAP.com](http://www.theEAP.com) or call 1-800-252-4555.

**Telemedicine – United Concierge Medicine:** affordable, quality healthcare services available 24/7/365.

- \* Telemed is here to provide you and your family members with **FREE healthcare services**! Save \$\$ on doctors' visits by utilizing the Telemed doctors for the diagnosis and treatment of certain medical issues. Share pictures/video with providers, get prescriptions sent to your pharmacy and have recommended diagnostics ordered to a site convenient for you.

#### CDPHP Health Support Tools

- \* Employees enrolled in Lexington's CDPHP Medical Plan have UNLIMITED access to a wide variety of tools, resources and services to help you and your family live the best possible healthy life!
- \* CDPHP cares about you and your health, which is why they are here to provide you with health education, support and guidance through **CDPHP's Care Team of specially trained healthcare professionals**. Talk one-on-one with a member of the CDPHP Care Team by calling 1-800-365-4180. Also, visit [www.cdphp.com](http://www.cdphp.com) to view health guides and tool kits!

Access up-to-date information on these benefits by logging into the [RKXchange](#) and visiting the Document Library. Additional resources can also be found in the Healthcare & Wellness Resource Center under the RKXchange News & Articles section on your homepage!

If you have any questions, you may also contact Meredith Fritch, Human Resources Generalist & Benefits Specialist, at (518) 775-5422.

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DECADE, HEALTHIER  
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### RESOURCES:

WELLNESS ARCHIVE:  
[LEXINGTONCENTER.  
ORG/WEWELLNESS](http://LEXINGTONCENTER.ORG/WEWELLNESS)

TELEMEDICINE  
PROVIDER:  
[UNITED CONCIERGE  
MEDICINE](#)

LEXINGTON  
MEDICAL PLAN AND  
CAFÉWELL LIFE  
POINTS PROGRAM:  
[CDPHP](#)

MANAGERS, PLEASE  
POST THIS  
INFORMATION AND  
SHARE IT WITH  
YOUR STAFF.

## Snow Shoveling— A Big Deal!

Did you know that, according to the National Safety Council, each year there are thousands of snow shoveling related injuries and even an average of 100 deaths from overexertion?

“While most people won't have a problem, shoveling snow can put some people at risk of heart attack. Sudden exertion, like moving hundreds of pounds of snow after being sedentary for several months, can put a big strain on the heart. Pushing a heavy snow blower also can cause injury. And, there's the cold

factor. Cold weather can increase heart rate and blood pressure. It can make blood clot more easily and constrict arteries, which decreases blood supply. This is true even in healthy people. Individuals over the age of 40 or who are relatively inactive should be particularly careful.” - National Safety Council.



### Snow Shoveling Safety Tips:

- #1 Principle for Safe Snow Shoveling: It is so critical to not twist your body in the course of lifting. The key here is to take a step in the direction you need to go instead of turning with your trunk.
- Do not shovel immediately after eating or smoking, and certainly do not smoke while shoveling!
- Take it slow! Shoveling (like lifting weights) can raise your heart rate and blood pressure dramatically, so pace yourself. Be sure to stretch out and warm up before taking on the task.
- Shovel only fresh snow. Freshly fallen, powdery snow is easier to shovel than wet, packed-down snow.
- Push the snow as you shovel. It's easier on your back than lifting the snow out of the way.
- Don't pick up too much at once! Lift with your legs and not your back (keep your back straight).
- Dress warmly, especially making sure extremities such as your nose, ears, hands and feet are well covered. Wear appropriate winter weather footwear and be sure to use ice cleats.

**BE SAFE!**

**DO YOU HAVE QUESTIONS ABOUT LEXINGTON SAFETY AND WELLNESS? PLEASE CONTACT:**

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