

# SAFETY & WELLNESS UPDATE



JULY 2020

## Fighting the Coronavirus “Infodemic”

In addition to fighting the health effects of the COVID-19 pandemic, public health experts are also fighting the effects of what they refer to as an infodemic. Defined as an outbreak of misinformation, doctors across the country are saying that this infodemic is making it harder to treat patients. Moreover, this misinformation can lead to a breakdown in the doctor-patient relationship, increase risk of infection or serious illness, or worsen the course of the COVID-19 pandemic.

### When Information Becomes Misinformation

Even before the COVID-19 pandemic, doctors were fighting misinformation about health conditions, vaccines and treatments. Pre-COVID-19, doctors say that these infodemics were targeted and more niche. But since the COVID-19 pandemic reared its head in the U.S., they say an infodemic focused solely on COVID-19 quickly began to spread. The misinformation shared is widespread and includes at-home treatments for the coronavirus, claims over how it is spread and how to stay safe in public.

### How to Stay Safe and Sort Fact From Fiction

The COVID-19 pandemic is rapidly evolving, which leads to changing guidance and advice for staying safe. Despite this, it's always best to weather the storm and follow guidance from the CDC and your local public health officials. In addition, the following tips will help you sort out fact from fiction:

- **Research the source**—It's unfortunate, but true: some companies are trying to profit from fear and uncertainty during the pandemic by spreading false information to promote their product or service. Research the claims, studies and data brands are sharing to validate the information.
- **Review multiple sources**—If information being shared is true, there will be a host of other sources sharing the same information. If a piece of information is an extreme outlier and other sources are not saying the same things, it's probably not accurate.
- **Trust your gut**—If something seems or sounds too good to be true, it probably is.
- **Check reliable resources**—The CDC, local public health officials and your doctor are the most reliable sources to get your coronavirus-related questions answered. If you have questions about the coronavirus and your personal health, be sure to contact your doctor.

## Social Distance Yourself This Summer

You've probably heard the term “social distancing” a lot in the past few months. Keeping your distance from others is crucial to slowing the spread of COVID-19. It will also be a key component in staying healthy as things reopen. Remember, this is not just for you, but to protect everyone around you—family, loved ones and people you support. Play it safe! To properly practice social distancing this summer, keep the following in mind:

- **Stay at least 6 feet away** (approximately two arms lengths) away from others.
- **Avoid gatherings** in groups, mass gatherings or large crowds when possible.
- **Wear a protective face mask** or covering when in public.



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### RESOURCES:

WELLNESS ARCHIVE:  
[LEXINGTONCENTER.ORG/WELLNESS](https://www.lexingtoncenter.org/wellness)  
TELEMEDICINE PROVIDER:  
[UNITED CONCIERGE MEDICINE](https://www.unitedconcierge.com)  
LEXINGTON MEDICAL PLAN AND CAFÉWELL LIFE POINTS PROGRAM:  
[CDPHP](https://www.cdphp.org)

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

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## Brook Personal Health Companion– Check It Out!

As we all try to continue to establish a new normal and develop different routines during this changing time, it is more important than ever to focus on our health and well-being. With most of us spending more time at home, we have the perfect opportunity to take control of our health and implement healthy habits.

Earlier this year we announced that all employees who are enrolled in the Lexington CDPHP Medical Plan are eligible to utilize the **Brook Personal Health Companion** mobile app for FREE. The Brook app provides easy and convenient access to health experts such as registered dietitians and health educators 24/7/365 through the **Brook Chat** feature as well as tools and resources to track your meals, exercise, blood sugars and blood glucose directly on your smartphone. Whether you are trying to manage diabetes, prediabetes, hypertension, general health or looking for COVID-19 resources, Brook can help. Brook is there to support you in making healthy daily decisions about food, exercise, medication, stress and sleep to help you stay healthy.



In addition to the FREE app, CDPHP and Brook have partnered together to provide employees enrolled in the Lexington CDPHP Medical Plan, who meet certain criteria and have been diagnosed with

diabetes, with a complimentary Brook Box. This box is sent directly to your home and contains a Contour Next One Blood Glucose Monitoring System with Bluetooth capability, making it easy for you to record your blood sugars and share that information with your physician. Check out the Brook Box image!

CDPHP's Care Team continues to provide additional support by reaching out to several members to assist you with using Brook and to help you with questions on managing your health. Take the call. The health of you and your family members are worth it!

For personal assistance with the Brook app and any questions, please do not hesitate to contact Michelle Peryea RN, Safety and Wellness Coordinator, at [peryeam@thearclexington.org](mailto:peryeam@thearclexington.org) or (518) 775-5420. Michelle is available to answer your questions and assist you with becoming familiar with Brook and all it has to offer. Follow the instructions on the right and get started today!

### Get started on your journey with Brook:

1

**Download the app**

Search "Brook health" in the App Store or Google Play and download the Brook Health Companion app.

2

**Set up your account**

Open the app and follow the instructions to sign up. Enter your member ID on your insurance card for free access.\*

3

**You're ready to go!**

Enter data by tapping the + sign, and chat with health experts any day of the year by tapping "Care Circle."

\*Don't have CDPHP insurance? No problem! You can still get Brook at an affordable price during our discount promotion window.

Available on the App Store

Get it on Google play

Text "Brook" to 41411

www.brook.health | support@brook.health | (518) 641-3420

## Sun Safety!

The warmth of the sun creates the ideal environment for outdoor activities, water games and swimming. The summer is a great time to get outdoors. Below is some important safety information as you enjoy your summer.

### Don't underestimate the power of the sun!

The sun emits powerful ultraviolet radiation in various forms that, if precautions are not taken, may result in both short-term and long-term negative effects. These include, but not are limited to:

- ⇒ Skin aging and wrinkles
- ⇒ Sunburns (in various degrees)
- ⇒ Eye cataracts
- ⇒ Immune system damage
- ⇒ Skin cancer

### Did you know?

- ⇒ The “invisible sun’s” ultraviolet rays on cloudy and cool days can still travel through the clouds and reflect on sand, water, snow and even concrete? Clouds often give a false sense of protection.
- ⇒ The sun’s light is strongest when it is the highest in the sky? Normally between 10AM and 4PM.
- ⇒ Ultraviolet rays are the strongest during the summer months? As well as on high altitudes.

### What can we do to protect ourselves?

- ⇒ Wear sunglasses that have designed UV protection.
- ⇒ Apply sunscreen that has at least an SPF of 15+ at least 20 minutes before sun exposure.
- ⇒ Re-apply sunscreen at least every 2 hours when swimming or sweating a lot.
- ⇒ Sunscreen is not 100% protection. As a matter of fact, people should wear a hat, clothing covering skin when practical and seek shade often.
- ⇒ Lightweight fabrics such as cotton are most ideal to assist with not getting too hot.
- ⇒ Don't forget to hydrate, hydrate, hydrate!

**BE SAFE AND HEALTHY!**

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

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