



# Stay Hydrated This July!

## LOOKING AHEAD...

### Signs of Dehydration

Make sure you're staying healthy and hydrated this summer.

### Learn to Live

Have you heard of our FREE, new mental health benefit? Check it out today!

### New Wellness Program Offerings

Earn your way to \$1,000 (HRA) or \$500 (HSA) by participating in the RCAB Health Benefit Trust Wellness Program.

### Wellness Champions

Volunteer as a Wellness Champion at your location and earn HRA/HSA dollars!

### Wellness Webinars

This month we focus on learning about the effect of salt and sugar on our health, the power of positivity, and promoting sustainable solutions!

### The Wellness Corner

Let's try a Summer Corn Salad this month!

The latest health and wellness news, tips, and updates from the Lay Benefits Department of the Roman Catholic Archdiocese of Boston.



## Are you getting enough water?

Summer is here! Are you drinking as much water as you should? [Water](#) helps keep the body functioning by carrying nutrients and oxygen to cells, aiding in digestion, flushing out bacteria, and maintaining electrolyte balance, among other vital functions. The [Mayo Clinic](#) reports that the men should consume about 15.5 cups of fluids per day and women should consume about 11.5 cups of fluids per day. For [reference](#), one cup is equal to eight ounces. These fluids can come from water as well as other beverages and foods.

Your suggested water intake may fluctuate depending on your health. It is possible to consume too much water if you have certain health conditions, such as kidney problems, thyroid disease, and liver or heart problems. In addition, certain medications cause the body to retain water. Lifestyle can also be a factor too. The [Mayo Clinic](#) advises that you may need to consume more fluids if pregnant or breastfeeding. If you're in a hot environment or exercising to the point of sweating, hydration is also crucial. It's important to check with your doctor to find out the recommended water or fluid intake based on your needs.

Don't forget! You can discuss suggested fluid intake as well as other health questions and concerns (and earn HRA/HSA dollars) during a well visit with your PCP. Find an in-network provider by visiting <https://www.bluecrossma.org/> and signing in to your MyBlue account. Search for a provider by entering the provider's name or the name of the medical practice, zip code, and the "PPO or EPO" network.

## Signs of Dehydration

Have you heard of the [saying](#), “If you’re thirsty, you’re already dehydrated”? While this sometimes may be true, it’s not that way for everyone! It may be a good indicator or reminder that we need to drink some water but increased excessive thirst can also be caused by eating spicy foods, a side effect of taking a medication, or a sign of a health problem. It’s always a good idea to talk to your doctor if you’re experiencing more thirst than normal. It’s also important to get adequate sleep! Sleeping too little can actually dehydrate you due to a disruption in a hormone called [vasopressin](#). Drinking water after waking up in the morning can help rehydrate you.

The [Mayo Clinic](#) offers information about the signs, symptoms, causes, and complications of dehydration. “[Dehydration](#) occurs when you use or lose more fluid than you take in, and your body doesn’t have enough water and other fluids to carry out its normal functions”. Dehydration can be caused by not drinking enough water but can also be caused by a fever, losing fluids (through diarrhea or vomiting), excessive sweating, or an increase in urination.

[Signs and symptoms](#) of dehydration include extreme thirst, dark-colored urine, fatigue, dizziness, and confusion in adults. For children, signs and symptoms of dehydration include dry mouth/tongue, sunken eyes/cheeks, dry diapers for three hours, irritability, or a sunken soft spot on the top of the skull. Children and infants, older adults, those living with chronic illnesses, and people who exercise or work outside are the most susceptible to dehydration. It is important to see a doctor if you or someone you know has had diarrhea for more than 24 hours, is irritable/disoriented/more sleepy or less active than usual, has bloody or black stool, or can’t retain fluids. [Complications](#) of dehydration include hypovolemic shock, seizures, urinary or kidney problems, or a heat injury (cramps, heat exhaustion, heatstroke).



### *New Plan Year, New Benefits!*

Learn to Live is an online, self-directed mental health program to help manage stress, anxiety, depression, substance abuse, insomnia, and social anxiety. RCAB employees enrolled in the RCAB Health Plans as well as their spouses and dependents (age 13 and older) can complete a short mental health questionnaire and Learn to Live will recommend a program that best suits their needs. Learn to Live uses cognitive behavioral techniques and resources to help improve mental health. Participants can access Learn to Live on their phones, tablets, and computers 24/7, and enjoy access to coaches and peer groups to help them on their mental health journey. All information collected by Learn to Live is confidential.

To learn more about Learn to Live and sign up, please visit [learntolive.com/partners](https://learntolive.com/partners) or download the Learn to Live app. The access code is **RCAB**.

### **ARE YOU READY TO BECOME A WELLNESS CHAMPION?**

Are you passionate about health, wellness, and wellbeing? Do you want to serve as an informational resource regarding the RCAB Health Plans at your location? By attending one meeting per month starting in September and promoting the RCAB Health Benefit Trust Wellness Program, you can **earn \$150 HRA or HSA by serving as a Wellness Champion!** If you are interested in signing up, please contact Kara Lavertu at [klavertu@rcab.org](mailto:klavertu@rcab.org).

### **New Wellness Program Offerings**

The Benefits Department has added new ways to earn Wellness Incentive points and increased the number of points you can earn for some activities! Make sure to log in to [ahealthyme.com/login](https://ahealthyme.com/login) to track your points and complete new activities. Employees and spouses enrolled in the RCAB Enhanced or Basic Health Plans can earn up to \$1,000 each into an HRA per Plan Year. Employees and spouses enrolled in the RCAB High Deductible Health Plan can earn up to \$500 each into the employee’s HSA per Plan Year.

- Health Assessment = 50 points
- Health Coaching = 250 points
- Wellness Champions = 150 points
- [More points!](#) Well Visit = 250 points
- [More points!](#) WellRight Challenges = 600 points (50 points per Challenge)
- [More points!](#) Worksite/Family Wellness (webinars) = 150 (25 points per webinar, up to 6 webinars)
- **New!** Cardio/Steps Logs in ahealthyme = 50 points (2 points/log, up to 25 logs)
- **New!** Nutrition Logs in ahealthyme = 50 points (5 points/log, up to 10 logs)
- **New!** Wellness Workshops on ahealthyme = 50 points (25 points/workshop, up to 2 workshops)

## Wellness Webinars

Employees and spouses enrolled in one of the RCAB Health Plans and registered in the Blue Cross *ahealthyme* program can earn \$25 into their HealthEquity HRA or HSA accounts for attending a wellness webinar. Points are awarded for a maximum of **six** wellness webinars/family activities per Plan Year.

### Learn to Live Webinar - Getting Unstuck: The Science of Moving Forward

#### **Available Anytime**

The newest RCAB mental health benefit, Learn to Live, offers a free webinar that will help you assess your personal challenges and apply new techniques and strategies.

Use the code **RCAB** to access the webinar.

[Click Here to Access Webinar](#)

### Salt & Sugar: What You Need to Know Inside & Out

**Thursday, July 7<sup>th</sup> at 5:30pm**

Come join us to learn about the different forms of sodium and sugar, where they are hidden, and how they affect overall health. This webinar will include information on the Recommended Dietary Allowance (RDA) for sodium and sugar, along with product and menu information on best vs. worst choices.

[Click Here to Access Webinar](#)

### Sustainable Solutions: Reserving and Preserving Our Resources

**Wednesday, July 13<sup>th</sup> @ 6pm**

Come learn about the importance of sustainability and influence on our environment and health! This webinar will provide information on agricultural practices, define the difference between sustainable and organic, and offer tips on reducing our carbon footprint. We can all do our part to promote sustainability in our homes, from shopping to cooking to trash reduction.

[Click Here to Register](#)

### The Power of Positivity

**Wednesday, July 27<sup>th</sup> @ 4:30pm**

Did you know 80% of our thoughts tend to be negative? This webinar will help you learn how to reset your mindset to take a more positive approach and outlook toward life. This webinar will explore the science and strategies behind becoming a more positive thinker and how to tame those negative thoughts.

[Click Here to Register](#)



## In Case You Missed It...

You can still view the recorded webinars from last month below. **After viewing these webinars, please self-report your viewing to Amanda Gately, Benefits Associate, at [agately@rcab.org](mailto:agately@rcab.org)** and you can earn 25 HRA/HSA dollars. Points are awarded for a maximum of six wellness webinars/family activities per Plan Year. **You can access webinars for 60 days following their live recording date.**

### Food & Mood: You Are When You Eat Inside & Out

[Click Here to Access Webinar](#)

### Habit Management for a Healthy You

[Click Here to Access Webinar](#)

### BBQ Sides, Sauces & Main Courses

[Click Here to Access Webinar](#)

### James Parker-Ashley Fitness Class

Please email Kara Lavertu at [klavertu@rcab.org](mailto:klavertu@rcab.org) for the webinar recording link.



Let us know what you want to see!  
Please email Kara Lavertu at [klavertu@rcab.org](mailto:klavertu@rcab.org) with your webinar topic ideas or requests.



THE  
WELLNESS  
CORNER

*New health and wellness topics covering exercise routines, recipes, tips, and tricks to spark motivation in your life every month!*

## SUMMER CORN SALAD

### Ingredients

- 6 ears of corn, cleaned and dehusked
- 3 large tomatoes, diced
- 1 large onion, diced
- 1/4 cup chopped fresh basil
- 1/4 cup olive oil
- 2 TBSP white vinegar
- Salt and pepper to taste

### Directions

1. Add lightly salted water to a large pot and bring it to a boil.
2. Add the ears of corn to the boiling water and cook for approximately 7-10 minutes.
3. Drain the water from the pot and let the ears of corn cool before cutting the kernels off of the cob.
4. Add the cooked corn, diced tomatoes, diced onions, vinegar, oil, basil, salt and pepper to a large bowl and mix together.
5. Keep the salad cool until it is time to serve.

*Recipe by AllRecipes:*

<https://www.allrecipes.com/recipe/25160/summer-corn-salad/>

Enjoy!

In good health,  
Roman Catholic Archdiocese of Boston Benefits



Do you have a favorite healthy recipe? Share it with us! Email Kara Lavertu at [klavertu@rcab.org](mailto:klavertu@rcab.org) and it could be included in one of our future newsletters.