



SmartFHR News

Green Circle Life Newsletter



Healthy New Year Resolutions

So long, 2021! It's hard to believe another year has come and gone. What have the past 365 days looked like for you? The start of a new year is a great opportunity to reflect on challenges or successes you may have experienced in 2021 as you create New Year's Resolutions for 2022.

While we all have good intentions and plan to be disciplined to keep our resolutions, more than two-thirds of people fail to stay committed to their goals. Why is this? Most of the time, it's not our lack of effort, but rather the resolution itself that can be unrealistic, setting us up for failure instead of success.

Rather than setting resolutions with no clear path on how you can achieve them, instead, ask yourself: What steps can I take to help me move in the right direction? Maybe that means going to sleep 30 minutes earlier each night. Or eating a fruit or vegetable with each meal.

Maybe it means starting with a 10-minute walk twice a week, or simply carve out five minutes for yourself to take a few deep breaths each day. Celebrate your little wins because these are what create the big differences.

The most important thing to remember when it comes to setting Healthy New Year Resolutions is that you're looking for progress, not perfection.

SmartFHR™ Feature

The immunizations feature can help you track and organize all vaccines you and your family receive over the years. As we continue to fight the COVID-19 pandemic with primary vaccines and booster shots, the need for a simple way to store all vaccination information is even more important. Use Immunizations in your AutoZoners app to schedule and set reminders for upcoming vaccines or mark them as completed after you receive them. You can also view the CDC vaccination schedule and add custom vaccines that are specific to managing your health and wellness.

Contact us for a demo of the SmartFHR™ platform or the Covid Passport at info@greencirclelife.com or call us at 866-292-9645

Covid-19 Immunizations

There are currently three vaccines available to protect individuals from COVID-19: Pfizer-BioNTech, Moderna, and Johnson & Johnson's Janssen. The CDC does not recommend one vaccine over another, as they are proven to be effective and safe. These available vaccines reduce the risk of severe illness that can occur with COVID-19. As of last fall, children 5 years and older are eligible for the Pfizer-BioNTech COVID-19 vaccination.

Anyone who is past their 6-month mark (2-month mark for Johnson & Johnson's vaccine) of completing the primary series of vaccination is encouraged to also receive a booster shot. If you plan to get a booster, you can receive any of the three COVID-19 vaccines (unless you are a teenager or child, in which case you can only receive the Pfizer-BioNTech vaccine).

Wearing masks, good handwashing, and social distancing help reduce your chance of being exposed to the virus, or spreading it to others, but these measures are not enough.

A combination of getting vaccinated and following these recommendations will give you the best protection. Visit the CDC's website or talk to your healthcare provider for more information.

January is Cervical Cancer Awareness Month

The most important thing you can do to reduce your risk of cervical cancer is to get vaccinated and get regular screening tests starting at age 21. If you are a girl or a boy between the ages of 9 to 21, you should get the HPV vaccine.

Read more at https://www.cdc.gov/cancer/cervical/basic_info/prevention.htm