



SmartFHR Newsletter



Immunization Awareness Month

August is National Immunization Awareness Month (NIAM) which highlights the importance of getting recommended vaccines throughout your life. It is important to keep in mind that vaccines are very safe and go through years of testing before the Food and Drug Administration (FDA) licenses them for use. Below are some reasons to get vaccinated:

- Infants, older adults, and those with weakened immune systems are vulnerable and rely on everyone around them to be vaccinated to stay healthy.
- The flu vaccine lowers the risk of flu-related heart attacks or other complications from health conditions such as diabetes and lung disease.
- Vaccines help you stay healthy to avoid missing work or spending time with family and friends.
- Hepatitis B and HPV vaccines lowers the risk of cancers.

For more information on vaccines, check out digital coaching modules and preventive care in the SmartFHR resource library.

From the Desk of Green Circle Life Health Partners

The Importance of Sleep.

Sleep affects our daily functioning and overall wellbeing. Sleep deficiency can lead to injuries, loss of productivity, and increased risk for conditions such as obesity, high blood pressure, stroke, type 2 diabetes, and depression.

Signs you may not be getting enough sleep include irritability, increased appetite and decreased focus. It is reported that 30% of adults do not get the recommended 7-8 hours of sleep each night. You can help improve sleep by establishing a regular bedtime routine, limiting electronic devices in the evening, and avoiding heavy foods before bed. For more information, take the Digital Coaching > General Wellbeing > Sleep on www.SmartFHR.com or the SmartFHR App.

SmartFHR Feature

Immunizations

Keep track of your vaccinations with the SmartFHR App. Click on the 'Immunizations' tab to see if there are any personalized recommendations for you.

Getting a flu shot is more important than ever, especially in the high-risk groups. Everyone six (6) months and older is recommended to get a flu shot by the end of October. Receiving a flu vaccination is particularly important for high-risk individuals, such as those 65 and over, pregnant women, and people with chronic conditions like diabetes, heart disease, asthma, cancer, and kidney disease.

Learn more at <https://www.cdc.gov/flu/prevent/vaccinations.htm> and <https://www.cdc.gov/flu/highrisk/index.htm> or in the SmartFHR™ App > Literature > Preventive Care > Flu Vaccine

Healthy Recipe – Orange Shrimp Quinoa Bowl

A perfect mix of textures and tangy, spicy, and sweet flavors, this dish packs a powerful nutritious punch and makes a great lunch or dinner. Shrimp supplies lean protein, vitamin B12, phosphorus and selenium, while quinoa contributes protein, fiber, magnesium, and phosphorus.

Read more at <https://foodandnutrition.org/blogs/stone-soup/floj/orange-shrimp-quinoa-bowl/>

Immunizations

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. Use these resources to assist you in vaccinations during August and throughout the year.

Read more at <https://www.cdc.gov/vaccines/events/niam/index.html>

Facts About Sleep

We spend about one-third of our time on planet Earth asleep. Until 25 years ago, scientists knew little about this nighttime habit of ours.

Sleep disorders specialist Michelle Drerup, PsyD, shares some curious and fantastic facts about sleep.

Read more at <https://health.clevelandclinic.org/22-facts-about-sleep-that-will-surprise-you/>