

Real-Life Help

Assistance and resources for personal, family and work issues



hms

A HealthAdvocate Company

Monthly Webinar • Tuesday, June 19th

Are You Vitamin D Deficient?

You probably aren't feeling a lack of Vitamin D, but if you are a two-job, commuting early riser who gets home late at night and never sees "the light of day," you may not be getting enough of it. Some nutrition research experts believe half of adults are Vitamin D deficient. Vitamin D is a nutrient required by your body for many things, all of them critical. It may even aid in cancer prevention. Sunlight, fish and fortified milk are key sources of Vitamin D. If you need a supplement, talk to your doctor. Some experts think the recommended daily adult requirement is too low.

[Source: Office of Dietary Supplements, National Institutes of Health]

Quick Tip:

For an easy way to get more Vitamin D, try stepping outside for 10-15 minutes a day.



Rediscover Your Living Room

Televisions, video games and electronic gadgets are fun, but they tend to crowd out quality family time. Instead of just sharing space in your living room, try reconnecting with your family by choosing one evening per week to engage in activities that encourage interaction, competitiveness and fun.

Board games are a perfect low-cost option. A deck of playing cards is even cheaper. Charades? Free. Other ideas: Build a giant LEGO® castle, have the kids put on a play, do a group puzzle or make paper airplanes and have a contest to see which flies the farthest. Connect your kids with their heritage by pulling out the family photo album and sharing stories about your childhood or make a family tree together. Discover your living room again, and tune in to better relationships.



Boost Creativity with a Positive Mood

If you feel like you're lacking in the creativity department, it could be because of your mood.

Research suggests that being in a positive mood can increase creativity, which frequently leads to inventive problem solving and innovative ideas. Changing your mood is not as difficult or time-consuming as you may think. Listen to upbeat music, watch a funny video, talk to a cheery coworker or go to lunch at your favorite restaurant near work. When you achieve a brighter outlook, return to the task that requires your creative touch.

[Source: tiny.cc/positive-mood]



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Tuesday, June 19th
12 pm, 2 pm and 4 pm ET

“Social Networking: Today's Communication Tools”

Facebook, Twitter, Skype and FaceTime—learn the importance of online networking in your business and personal life.

You can register at hmsincorp.com

- Click “Employee/Family Login”
- Enter your User Name and Password
- Click “Online Work/Life Services”
- Scroll to online seminars, choose “Social Networking: Today's Communication Tools”
- Select your registration session
- Click “Register” on the “Welcome to e-learning center” page
- Enter your name, other information and submit
- You will receive a confirmation email of your registration

*Please note: Webinars are available only in English.

Food on the Road

Safety tips

No matter where you travel, it's a good idea to pay attention to food and water safety guidelines when venturing outside the U.S. If sanitation is questionable, remember the Golden Rule: peel it, cook it, boil it, or don't eat it. Also, you should avoid:

- Leafy/uncooked vegetables and fruit, unless peeled
- Unpasteurized dairy products
- Raw/undercooked seafood, poultry and meat
- Food from street vendors

Not sure if the water's safe?

- Avoid ice and drinks made with untreated tap water; use bottled water to brush your teeth
- Stick to drinks made with boiled water such as coffee/tea, or commercially canned and bottled beverages



EAP+ Work/Life Program

EAP+Work/Life Get short-term assistance

- Referral for in-depth counseling, if needed
- Work/life specialists locate support resources, from caregiving to legal help
- Visit website for online articles and other resources
- In a crisis, emergency help is available 24/7

Talk to a counselor to learn coping skills. You may be referred to the appropriate professional for in-depth, long-term help.

Use self-search provider databases, get 4,000 updated and authoritative articles, view video clips, attend monthly online seminars and more.

Confidential assistance is available 24/7.

Just call
800.343.2186
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