



SUMMER2020

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SUMMER DRIVING

Longer days, travel and more people on the road.

Been behind the wheel while feeling drowsy? You're not alone. 60% of adults in the U.S. have done it and around 1/3 of people have actually fallen asleep at the wheel. There can be serious consequences to driving exhausted—harm to yourself or others.

SLEEP DEPRIVATION CAN HAVE SIMILAR EFFECTS ON YOUR BODY AS DRINKING ALCOHOL.

Did you know—being awake for 18 hours straight makes you drive like you have a blood alcohol level of .05 (for reference, .08 is considered drunk). If you've been awake for a full 24 hours and drive—after a night where you just couldn't fall asleep—it's similar to having a blood alcohol level over .08.

Drowsy driving and drunk driving makes it difficult to pay attention to the road, and negatively impacts how well you can react. Drowsy driving and drunk driving don't always look the same on the road. A drunk driver can often drive slowly and try to react, but a drowsy driver can nod off while still going fast. Drowsy drivers aren't always able to brake or swerve if something happens in front of them.

As a driver or a passenger, look for the red flags.

DROWSY DRIVING SIGNS

- Trouble focusing
- Heavy eyelids
- An inability to remember the last stretch of road that you just drove
- Yawning constantly
- Bobbing your head
- Drifting from your lane

If you experience any of those signs, pull over, take a 20-minute nap, buy a caffeinated drink, get some fresh air, or walk around for a few minutes to help you be more alert. If you have someone else in the car, switch drivers. Also, driving during your most alert period of the day (like in the morning, instead of late at night) is a good idea. Taking these simple precautions will help lower your risk and stress level during a road trip.

Source: sleepfoundation.org/articles/drowsy-driving-vs-drunk-driving-how-similar-are-they

DROWSY DRIVING

THE KEY IS KNOWLEDGE...



12 MILLION ACCIDENTS

are caused by drowsy driving every year in the United States... more than those caused by drugs and alcohol combined.



20 HOURS WITHOUT SLEEP

is equivalent of a blood alcohol level of 0.08%... the legal definition of being drunk.



37% AMERICANS

admit to having fallen asleep at the wheel in the past year.



\$109 BILLION ANNUAL COST

to society due to fatigue - related injuries and fatal crashes.

MAINTAINING MENTAL HEALTH

It's important to take care of yourself and get the most from life. Below are 10 practical ways to look after your mental health. Making simple changes to how you live doesn't need to cost a fortune or take up loads of time.

TALK ABOUT YOUR FEELINGS

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.

KEEP ACTIVE

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better. Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.

EAT WELL

Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.

DRINK SENSIBLY

We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary. When the drink wears off, you feel worse because of the way the alcohol has affected your brain and the rest of your body.

STAY IN TOUCH

There's nothing better than catching up with someone face to face, but that's not always possible. You can give them a call, drop them a note, or chat to them on-line. Keep the lines of communication open: it's good for you!

ASK FOR HELP

None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear.

TAKE A BREAK

A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some 'me time'.

DO SOMETHING YOU ARE GOOD AT

What do you love doing? What activities can you lose yourself in? What did you love doing in the past?

Enjoying yourself can help beat stress. Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem.

ACCEPT WHO YOU ARE

We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.

CARE FOR OTHERS

Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.

Source: www.mentalhealth.org.uk/publications/how-to-mental-health

MUST MENTAL HEALTH COVERAGE

Don't forget to take advantage of the mental health benefits included with your health plan.

Revised Major Medical (RM)

First 3 visits paid at 100%.

Comprehensive Major Medical (CM)

First 3 visits paid at 100%.

Basic Plan (BP)

First \$300 of eligible expenses paid at 100%.



Thank you to all participants in our 2020 THM Campaign!

These lucky winners were drawn for some great prizes—

SHERRY S. HELLGATE
stadium blanket

NIKKI R. MONFORTON
camel back

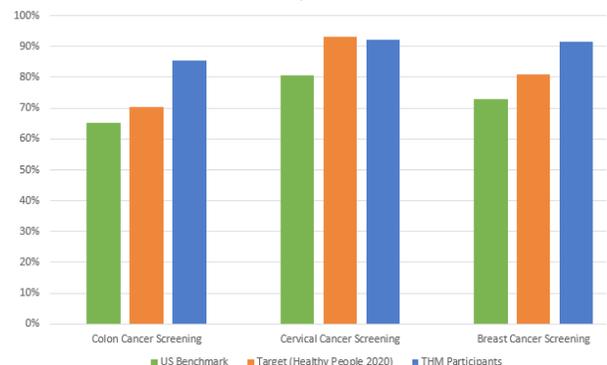
SUSAN S. BIG TIMBER
rolling cooler

BRENDA W. ANACONDA
MUST RTIC water bottle

CATHY M. JORDAN
MUST RTIC water bottle

ANNA G. JORDAN
brief tote bag

TOTAL HEALTH MANAGEMENT PREVENTIVE CANCER SCREENINGS
Summary Statistics 2019



8 SURPRISING HEALTH TIPS OF GARDENING

Planting flowers and vegetables can reap bountiful bouquets and delicious harvests for your dining table. But did you know gardening also can do wonders for your well-being?

GARDENING CAN BUILD SELF-ESTEEM

Maybe you feel like you weren't born with a green thumb, but after tilling, planting, nurturing and harvesting plants, you might see a slightly different person in the mirror: a person who can grow things and a little more in tune with the earth.

GARDENING IS GOOD FOR YOUR HEART

All that digging, planting and weeding burns calories and strengthens your heart.

"There are physical benefits from doing the manual labor of gardening," says UNC Health internal medicine physician Robert Hutchins, MD, MPH. "It's hard work to garden, and it provides some cardiovascular benefit."

GARDENING REDUCES STRESS

Gardening can help reduce symptoms of depression and anxiety. "Gardening gives you a chance to focus on something and put your mind to work with a goal and a task in mind," Dr. Hutchins says, "which is helpful especially now with so much illness and death and talk of death, just to see things growing and things thriving."

GARDENING CAN MAKE YOU HAPPY

Getting dirt under your nails while digging in the ground can make you pretty happy. In fact, inhaling *M. vaccae*, a healthy bacteria that lives in soil, can increase levels of serotonin and reduce anxiety.



GARDENING CAN IMPROVE YOUR HAND STRENGTH

All that digging, planting and pulling does more than produce plants. Gardening also will increase your hand strength.

GARDENING IS GOOD FOR THE WHOLE FAMILY

Gardening can be a solo activity or an opportunity for bonding with your family and friends. The happiness and stress relief that gardening provides is a great thing to share with others. Also, gardening has special benefits for kids. Early exposure to dirt has been linked to numerous health benefits, from reducing allergies to autoimmune diseases.

GARDENING CAN GIVE YOU A BOOST OF VITAMIN D

Exposure to sunlight helped older adults achieve adequate amounts of vitamin D. A healthy dose of vitamin D increases your calcium levels, which benefits your bones and immune system. Just don't forget your sunscreen.

GROWING YOUR OWN FOOD CAN HELP YOU EAT HEALTHIER

If you have a vegetable, herb or fruit garden, you're getting fresh produce that you know where it came from without pesticides.

Source: healthtalk.unchealthcare.org/health-benefits-of-gardening/

COMPANION PLANTING VEGETABLES		
BEETROOT Brussel Sprouts, Broccoli, Onions, Cabbage, Swiss Chard	BEANS Corn, Pepper, Radish, Eggplant, Peas	CARROT Lettuce, Peas, Onions, Radish, Leek
CHILI PEPPER Carrot, Onion, Lettuce, Squash, Beans	TOMATO Onion, Cabbage, Carrot	ONION Parsnip, Lettuce, Beetroot, Cabbage, Carrot
RADISH Spinach, Beans, Lettuce, Carrot, Peas	SWISS CHARD Onion, Beetroot, Cabbage	PEAS Beans, Carrot, Turnip, Cucumber, Beetroot
CUCUMBER Corn, Beans, Radish, Cabbage	LETTUCE Carrot, Beetroot, Parsnip, Radish	PARSNIP Onion, Lettuce, Beetroot

COMPANION PLANTING HERBS		
BASIL Marigold, Tomato, Pepper	ROSEMARY Broccoli, Beans, Pepper	CHIVES Carrot, Tomato
MARIGOLD Carrot, Tomato	MINT Tomato, Cabbage	LAVENDER Sage, Beans, Rosemary, Carrot
CAMOMILE Onion, Cabbage	FLAX Potato, Beetroot	GARLIC Raspberry, Rose
CHERVIL Radish	OREGANO Carrot, Tomato, Onion	DILL Cabbage

LIFE & LTD BENEFITS

SETTING MUST APART

- **Basic Life & AD&D Insurance of \$10,000**—For employees enrolled in Medical coverage.
- **Beneficiary Resource Services**—includes additional grief and financial counseling (up to 5 working sessions), in addition to unlimited phone contact for 1 year with a grief counselor, legal advisor, or financial planner.
- **Basic LTD benefit 50% of pre-disability earnings**—For employees enrolled in Medical coverage.
- **Disability Resource Services**—Includes web-based EAP services, in addition to unlimited 24/7 confidential online/ phone support and face-to-face sessions (up to 3 visits available at no additional cost) for LTD insured employees.
- **Solutions for Education Professionals**—Enhanced benefits to help cover your specific needs at no additional cost!
- **K-12 Campus Violence Benefit**—As part of the accidental death & dismemberment (AD&D) coverage, benefit is paid due to a violent event that occurred on the student's campus.



- **College Assistance Plan**—Help plan for, pay for, and reduce the cost of college.
- **Disability Coverage During School Breaks**—Ensures that all disabilities are treated the same, regardless of whether they occur while school is in session or not.
- **Office Depot Discount Program**—Office Depot offers you a special 10% discount on most of their office supplies to help alleviate financial strain that teachers may have.
- **Travel Assistance**—Active employees covered under the MUST medical and LTD coverage have access. This benefit provides emergency assistance to members and their dependents traveling more than 100 miles from home, and includes benefits such as foreign language assistance, evacuation services, and repatriation services.



IN THIS ISSUE

<PARTICIPANT NAME>
<STREET ADDRESS>
<CITY, ST, ZIP CODE>



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