



Flu Prevention

Prevent the Flu—It Starts with You!

Flu can cause symptoms ranging from mild to serious. It is believed flu viruses mainly spread through droplets when people sneeze, talk, or cough. With flu season upon us, it's important to take steps to protect yourself and your loved ones. You have the power to stop the flu in its tracks!

- **Flu vaccine:** Get a flu vaccine every year, ideally by the end of October
- **Wash your hands:** Use soap and water to wash thoroughly including in between fingers and under nails
 - No soap on hand? Use an alcohol-based hand sanitizer!
- **Clean surfaces:** Disinfect surfaces and objects, like remotes and toys, regularly
- **Avoid touching your face:** This includes your eyes, nose, and mouth
- **Take care of yourself:** Eat a healthy diet, stay hydrated, and exercise regularly
- **Avoid sick people:** Keep a distance if someone around you is sick

It's important to stay home as much as possible if you or someone in your home gets sick. This limits the risk of sharing germs with others.



Better Living

Holiday ID Theft

Identity theft is at an all-time high during the holiday season. Follow these tips to protect yourself.

- While shopping in store
 - Keep your card and PIN numbers concealed
 - Be aware of your surrounding at all times
- While shopping online
 - Make purchases only on sites that have a padlock icon by the URL
 - Don't click on links you don't recognize
- Enroll in ID Theft protection
 - If it's not offered through your benefits program, purchase it on your own



Clear Vision for the New Year



Your eyes can tell you a lot about your overall health and can help detect health conditions before they become serious. If you are covered under a vision plan and haven't had an eye exam this year, now is the time! Most vision plans include exams annually for free or a low cost! If you have glasses or contact lenses, it's also important to get checked regularly to get your prescription updated.

Explore Benefits