

# Healthy Minute

Take a Minute for Your Health

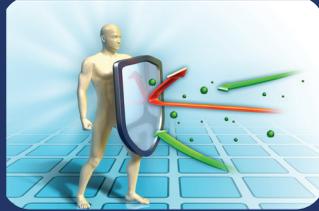


Prepared for you by

## August 2020

### Immunization Awareness

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases (like whooping cough, cancers caused by HPV, and pneumonia) through vaccination.



Learn more by reading this month's spotlight and complete the monthly quiz for a chance to win a \$25 gift card:

[www.JHMBHealthconnect.com/health-spotlights](http://www.JHMBHealthconnect.com/health-spotlights)

### Monthly Webinar Stay Motivated: Tips for Leveraging Your Super Power

Available Anytime, All Month



*Presented by: Melissa Schneider, Claremont EAP*

It's easy enough to set a goal. But when it comes to habit changes like improving your diet, exercising more, or trying harder to meet new people, sustaining change can feel impossible. This webinar will teach the 3-part theory of human motivation. You'll identify your motivational style (e.g. your super power!) and learn strategies that will keep you motivated so you can achieve any goal.

Learn more and register online at:  
[www.JHMBHealthConnect.com/events](http://www.JHMBHealthConnect.com/events)

### Virtual Fitness

Live Sessions End Aug 6

Virtual fitness classes are ending soon. Once this session ends, WellPATH will discontinue the two virtual live sessions but will still continue to offer the pre-recorded sessions weekly. All activities involve minimal equipment that can be done at home.



**Pre-Recorded Sessions** (new offerings weekly)

- Yoga
- Circuit Training

For more information and to sign up, visit:  
[www.JHMBHealthConnect.com/group-fitness-classes](http://www.JHMBHealthConnect.com/group-fitness-classes).

*\*Group fitness classes are open to active employees, spouses, domestic partners, dependent children age 18+, early retirees, and Medicare-eligible retirees covered under the District's health benefit plan.*

### COVID-19 Resources

The Joint Health Management Board would like to remind you of key healthful resources to support you and your family's physical and mental health during this time. Here are our most recent updates:



#### Informational Updates

- Fresno County Pre-Diabetes & Diabetes Resources During COVID-19 from the Fresno Diabetes Collaborative
- COVID-19 Testing Sites and Resources in Fresno County

Be sure to visit the COVID-19 Resources section at [www.JHMBHealthConnect.com](http://www.JHMBHealthConnect.com) for the latest benefits and informational updates.

The WellPATH Employee Wellness Program is a program of the Joint Health Management Board. Visit us on the web at [www.JHMBHealthConnect.com](http://www.JHMBHealthConnect.com) or contact us at [jhmbhealthconnect@yahoo.com](mailto:jhmbhealthconnect@yahoo.com).

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## Healthful Tip: Protect Your New Baby

Babies are born with protection against some diseases because their mothers pass antibodies to them before birth. Breastfed babies continue to get more antibodies in breast milk. But in both cases, the protection is temporary. Protect your baby against 14 serious childhood diseases, like measles and whooping cough by staying up-to-date on vaccines.

Learn more about vaccine-preventable diseases:

<https://www.cdc.gov/vaccines/parents/diseases/forgot-14-diseases.html>

CDC - How Do Germs Make Your Baby Sick: <https://youtu.be/sF6Fy4H1JbE>



**Is your family growing?** To protect your new baby against whooping cough, get a Tdap vaccine. The recommended time is the 27<sup>th</sup> through 36<sup>th</sup> week of pregnancy. Talk to your doctor for more details.

## Healthful Tip: National Immunization Awareness Month

**The Adult Vaccine Assessment Tool:** Do you know if you are up to date on vaccines? You may need vaccines based on your age, health conditions, job, or other factors. Fill out this quick assessment to find out which vaccines might be right for you: <https://go.usa.gov/xyPF2>.

**Adults with Health Conditions:** If you have a chronic condition such as asthma, diabetes, or heart disease, getting sick with vaccine-preventable diseases like flu and pneumonia can lead to serious complications, hospitalization, or even death. Learn more: <https://go.usa.gov/xwga2>

**Healthy Living with Diabetes:** Diabetes, even if it is well managed, can make it harder for your immune system to fight infections. You may be at greater risk of more serious problems from an illness compared to people without diabetes. Learn more: <https://go.usa.gov/xyPFD>

**Growing Up with Vaccines: What Should Parents Know?** Are you expecting? Check with your prenatal care provider to be sure you are up to date on your vaccines. Some vaccines are recommended during pregnancy to help protect you and your baby. Learn more: <https://go.usa.gov/xyP63>

Ask your doctor about vaccines you may need for your age, health conditions, job, or lifestyle!

