



step into healthy.

healthy changes
everything.®



BlueCross BlueShield
of Western New York

Wellness News

June 2012, Volume 3, Issue 6

National Home Safety Month

The National Safety Council reminds us that safety always comes first. Family safety training can prevent unnecessary trips to the doctor or emergency room. Here are some ways to prepare your household:

- Get first aid and CPR training
- Learn how to use a fire extinguisher
- Take a defensive driving class
- Learn to swim
- Join your local Community Emergency Response Team (CERT)



For more information, go to nsc.org/safety_home/Pages/safety_at_hom.aspx.

Did you know?

Approximately 245 people die of accidental injuries every day.

Do one thing.

Follow safety at home guidelines.

small steps. big rewards.

We invite you to step into healthy with the ...

2nd Annual Healthy Walking Challengesm

Your opportunity to see how healthy changes everything.

Ten walks. Most are free. All are easy. And we'll be right there with you every step of the way.

Bring your friends and family. You could be featured in our next ad campaign!

- Susan G. Komen for the Cure – June 9
- Food Bank Walk Off Hunger – July 28
- SPCA Paws in the Park – Sept. 29
- ADA Step Out for Diabetes – Oct. 6

Register now
bcbswny.com/hwc



National Men's Health Month



June is National Men's Health Month. Men and boys of all ages are encouraged to seek medical advice and early treatment for disease and injury.

To learn more, visit menshealthmonth.org.

Did you know?

Men are 70 percent less likely to seek medical treatment than women.

Do one thing.

Schedule your preventive health screenings.

This newsletter is brought to you by the Health Promotion Department at BlueCross BlueShield of Western New York. For more information about the services we offer, please call 1-800-666-1456, ext. 7519.

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Get Fit – Keep a Cool Head in the Heat

Exercising in the heat can be dangerous to your health. To avoid heat-related illness during hot weather:

- Drink plenty of fluids
- Wear loose, light-colored clothing
- Time your workout to avoid the hottest part of the day
- Pace yourself, start slow and increase your activity gradually

For more tips, go to mayoclinic.com.

Eat Fit – Organic foods

Organic refers to the way agricultural products are grown and processed – without pesticides, insecticides, herbicides, chemical fertilizers, or growth hormones. Organic farmers use processes, such as:

- Natural fertilizers to feed soil and plants
- Insects or birds to reduce pests and disease
- Manual soil rotation, tilling, and mulching to manage weeds
- Preventive measures for animals, such as rotational grazing, balanced diets, and clean housing to help minimize disease

Organic groceries may cost a bit more, but you can minimize those costs by shopping at farmers' markets or buying organic foods in season and from local farmers.

For more information, go to organic.org.

Live Fit – Music therapy

Music has a profound effect on the body and mind. Music can reduce stress levels, blood pressure, muscle tension, and anxiety. And different musical beats can influence how you think:

- Faster, stronger beats produce sharper concentration and alert thinking
- Slower tempo beats generate calm, meditative states

Play your favorite music and enjoy your state-of-mind. Learn more at musictherapy.org.

Did you know?

Heat-related illnesses account for about 700 deaths a year.

Do one thing.

Stay hydrated – don't wait until you're thirsty to drink!

Did you know?

About 4.8 million acres of farmland in the United States is used for organic farming.

Do one thing.

Research the benefits of eating organic foods.

Did you know?

Music can reduce chronic pain.

Do one thing.

Enjoy your favorite music during your break.

