

## Plan for Health: August 2021



**Awareness Month, Eye Health, and August's Sharecare Challenge.**

### **National Immunization Awareness Month**

#### **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 timely vaccinations.

During NIAM, it is encouraged that you talk to your doctor, nurse, or other healthcare professional to ensure (you, your child, your family) are up to date on recommended vaccines. We also encourage you to visit CDC's Interactive Vaccine Guide, which provides information on the vaccines recommended during pregnancy and throughout your child's life.

Please visit:

<https://www.cdc.gov/vaccines/events/niam/index.html> for

more information and supporting materials on National Immunization Awareness Month.

To view and download your 2021 Preventive Schedule please visit your Highmark member website.

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## Eye Health

If your eyes feel healthy, it's easy to assume they are healthy. But many eye diseases don't have any warning signs — so you could have an eye problem and not know it. The good news is, there's a lot you can do to set yourself up for a lifetime of seeing well!

- **Get a comprehensive dilated eye exam** - Getting a dilated eye exam is simple and painless — and it's the single best thing you can do for your eye health! A dilated eye exam is the only way to check for many eye diseases early on, when they're easier to treat. To get the facts about dilated eye exams visit: <https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/get-dilated-eye-exam>.
- **Find out if you're at risk for eye diseases** - Getting older increases your risk of some eye diseases. You might also have a higher risk of some eye diseases if you are overweight or obese or have a family history of eye disease. If you're worried you might be at risk for some eye diseases, talk to your doctor. You may be able to take steps to lower your risk.
- **Take care of your health** - Protecting your overall health can go a long way toward keeping your eyes healthy! It's important to make healthy choices and take good care of yourself. Keep in mind that healthy habits like eating well and being active can lower your risk for diseases and conditions that can lead to eye or vision problems, like diabetes or high blood pressure. Also, smoking increases your risk of macular degeneration and cataracts and it can harm the optic nerve.
- **Protect your eyes** - Every day, you can take simple steps to keep your eyes healthy such as wearing sunglasses, giving your eyes a rest when looking at

your computer screen and wearing protective eyewear.

For more information on keeping your eyes healthy visit <https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/keep-your-eyes-healthy>.

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## Sharecare featured Challenges

### Beat the Heat Challenge

Join the **Beat the Heat** challenge and work on staying hydrated in the summer heat during the month of August. Complete the challenge by tracking your hydration for 21 days this month! Join this challenge starting on July 25th by going to [mycare.sharecare.com](https://mycare.sharecare.com), and clicking **Achieve** → **Challenges** → **Upcoming** and join the challenge.

Please see the attached flyer for a new healthy recipe and Sharecare's tips for a healthy start to the school year in the attached poster.

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**Plan Ahead:** Join us next month for September's health topics: **Healthy Aging Month and Alzheimer's Awareness Month.**

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