



Autumn 2023

## ACTIVATE YOUR HEALTHY MIND – HEALTHY BODY

*Kaiser Permanente is offering a 4-part, no-cost webinar series designed to help you combat stress and build resilience.*

Finding a healthy pace at work and home is more important than ever to manage your energy and avoid burnout. Please join us to explore practical ways to build more balance into your everyday routine.

### Self-Care Strategies for a Healthier Life Monday, September 18, 2023 Noon to 1 PM Pacific Time

*Self-care is essential for anyone seeking to live a more balanced life. You will focus on four ways to improve your SELF care: Sleep, Exercise, Love and Food. When practiced daily, these simple to follow SELF care strategies will support your improved health and well-being.*

### Building Balance Monday, November 26, 2023 Noon to 1 PM Pacific Time

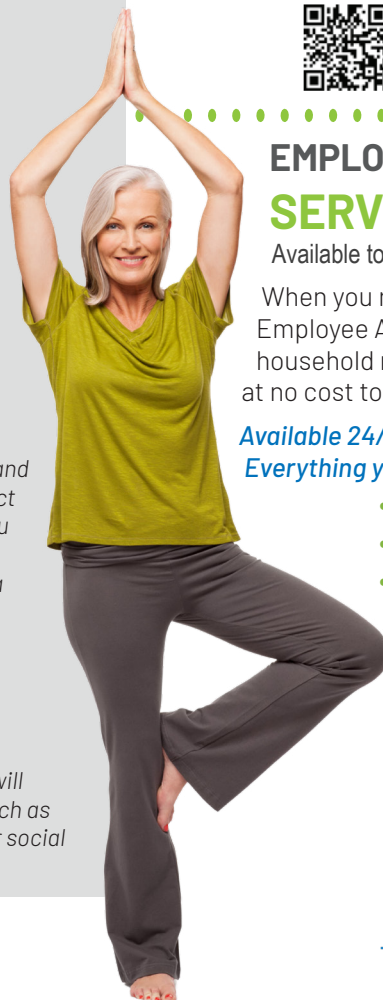
*Finding a healthy pace at work and at home is more important than ever to avoid burnout. Discover how workplace culture, connection, practicing compassion and taking small steps to practice self care can reduce burnout and help increase motivation, feel purposeful, passion-driven and engaged.*

### Managing Your Mood Monday, October 16, 2023 Noon to 1 PM Pacific Time

*Emotions affect how you see yourself, the world and how you deal with stress. Emotions can also affect you physically. You will learn strategies to help you tune into your emotions and identify self-care practices for managing your mood and stress in a positive way.*

### The Science of Happiness Monday, December 11, 2023 Noon to 1 PM Pacific Time

*Discover how positive psychology and practical strategies can nurture your own happiness. You will learn concepts and evidence-based practices such as kindness, empathy, gratitude and awe that foster social and emotional well-being.*



## Sydney Health Makes Healthcare Easier

Access personalized health and wellness information wherever you are. The Sydney Health mobile app is the one place to keep track of your health and your benefits. With a few taps, you can quickly access your plan details, Member Services, virtual care, and wellness resources. Sydney Health stays one step ahead – moving your health forward by building a world of wellness around you.

### Find Care

Search for doctors, hospitals, and other healthcare professionals in your plan's network and compare costs. You can filter providers by what is most important to you such as gender, languages spoken, or location.

### Virtual Care

Connect directly to care from the convenience of home. Assess your symptoms quickly using the Symptom Checker, then consult with a doctor through a video visit or text session.

### My Health Dashboard

Use My Health Dashboard to find news on health topics that interest you, health and wellness tips, and personalized action plans that can help you reach your goals.

### Community Resources

This resource center helps you connect with organizations offering free and reduced-cost programs to help with challenges such as food, transportation, and child care.

### Live Chat

Find answers quickly with the Live Chat tool in Sydney Health. You can use the interactive chat feature or talk to an Anthem representative when you have questions about your benefits or need information.

### My Health Records

See a full picture of your family's health in one secure place. Use a single profile to view, download, and share information such as health histories and electronic medical records directly from your smartphone or computer.



[DOWNLOAD SYDNEY HEALTH TODAY](#)

Only available to Anthem Members



## EMPLOYEE ASSISTANCE PROGRAM SERVICE SUMMARY

Available to All CVUSD Employees & Dependents

When you need help meeting life's challenges, the Anthem Employee Assistance Program (EAP) is here for you and your household members. Check out some of the services we offer – at no cost to you:

*Available 24/7, 365 days a year.*

*Everything you share is confidential.*

- Counseling
- Legal Consultation
- Financial Consultation
- ID Recovery
- Dependent Care and daily living resources
- Other Resources
- Crisis Consultation
- On-demand Digital Resources

Need help? Give EAP a try today

Call us at 800-999-7222.

Or go to [anthemEAP.com](http://anthemEAP.com)

and enter your company code: conejoud

# PREPARING FOR COLD & FLU SEASON

## About Colds & Flu

With all the medical advances we witness every day, it's disappointing that we still haven't figured out how to defeat the common cold and flu. These maladies have been with humanity at least since written history began.

The average American will suffer through two to four colds each year, and millions will also endure at least one bout of the flu. Each episode can represent a week or two of lost productivity and enjoyment.

Even though there is no cure, there are things you can do to reduce your chances of catching one of these nasty conditions. And if you do catch a cold or flu, there are self-care techniques you can employ to ease your misery and feel better fast.

## Signs & Symptoms

One of the first things you'll need to determine to get on the road to recovery is whether you have a cold or the flu. Although they can feel similar, cold and flu are very different illnesses.

## Is It A Cold Or The Flu?

Both colds and flu are caused by viruses, and both share the symptoms of fatigue, cough, and nasal congestion. Colds, however, are restricted to the nose, throat, and surrounding air passages. Most colds are not accompanied by fever, chills, or the more severe symptoms identified with flu, and recovery is faster. Flu is almost always more severe than a cold. It hits suddenly with aches, a high fever, and chills. The flu typically runs its course in about a week, although you may feel uncomfortable for several weeks.

## WHEN TO SEEK CARE

The symptoms described here can be signs of a condition much more serious than an average cold or flu. See your health care professional if you're experiencing any of the following:

- If your symptoms last for more than 10 days.
- If the pain or swelling over your sinuses gets worse when you bend over or move your head, especially with a fever of 101°F or higher.
- If your cold is accompanied by trouble breathing or wheezing.
- If you experience swollen, painful neck glands or pain in the ears.
- A headache that persists during a cold or flu is a sign that you should see a health care provider.
- If you have a sore throat that is very red or has white spots.
- A cough with phlegm that is green, gray, or yellow means you may need to see a health care provider.
- Seek medical care if a temperature is higher than 102°F in a 3-month to 3-year-old child; over 104°F in a 3 to 64-year-old; or 102°F or higher in someone age 65 or older.
- If a foul smell comes from the throat, nose, or ears.



## SELF-CARE for COLDS & FLU

### HOME TREATMENT

Check out the following tips to feel better fast when you are battling a cold or flu.

**Drink Fluids**—drinking at least eight, 8 oz. glasses of fluid daily thins your mucus, helping it to flow. Hot drinks and soups are especially effective.

**Humidify Your Environment**—moisture helps. Use the shower, a humidifier, or breathe over a bowl of hot water.

**Get Rest**—going to work with a cold isn't necessarily going to make it worse, but keep in mind you are most contagious in the first 48 hours.

**Cough And Blow**—blow your nose gently and often, and cough as needed. You want to keep the phlegm moving, not suppress it.

**Gargle**—gargle three times daily with salt water to soothe your sore throat. Salt helps sterilize the bacteria in the back of your throat and promotes the healing of inflamed tissues. To make a salt solution, stir ½ teaspoon of salt in a glass of warm water and gargle for 30-60 seconds.

**Don't Take Antibiotics**—unless there's solid medical evidence that you have a secondary bacterial infection. If you are unsure, see your health care provider.

**Take An Over-The-Counter (OTC) Remedy**—Take single-ingredient products like Sudafed or Robitussin only as needed and as directed. Make sure you read the label warnings and only take something if you really need it. Be careful about interactions between over-the-counter and prescribed medications.

**Find A Flu Shot**—There are several "flu shot locators" available online. These mini search tools will help you find a flu shot clinic near you. Type "flu shot locator" into a search engine to access a reputable site—the American Lung Association is usually a good bet ([www.lungusa.org](http://www.lungusa.org)). These locators are usually most active during the months of October and November of each year.



**ABOUT FLU SHOTS:** An annual flu shot is a way to reduce your chances of getting the flu. Influenza is a serious condition, and no matter what your age, you can still get it. The flu causes 50,000 deaths each year (mostly among those aged 65 years or older) and 114,000 hospitalizations in the U.S. alone.

Much of the illness and death caused by the flu can be prevented by yearly flu shots.

