

July 2009

Healthclips

from
Herbruck Alder



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Quote

"Laugh and the world laughs with you, snore and you sleep alone."
- Anthony Burgess

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Healthclips is Herbruck Alder's monthly electronic newsletter that contains helpful Health & Wellness information that you can share in your workplace or community.



July is UV Safety Month

July is UV Safety Month. Eye M.D.s across the nation are urging Americans to protect their eyes and their children's eyes by wearing sunglasses and wide-brimmed hats.

Exposure to sunlight can increase the risk of vision loss due to cataracts and age-related macular degeneration.

To be effective, both sunglasses and wide-brimmed hats must be worn every time you're outside for prolonged periods of time, even when it's overcast. The most important thing is to purchase sunglasses that block 99 to 100 percent of UV-A and UV-B rays.

[Click here](#) to additional information.

Coming Together to Explain Changes in Healthcare Legislation

Featuring Six Medical Insurance Companies & Health Policy Expert Grace-Marie Turner, President of the Galen Institute

Breakout Session Presented by: Aetna, Anthem Blue Cross & Blue Shield, Cigna, Kaiser Permanente, Medical Mutual of Ohio & UnitedHealthcare.

Keynote: Grace-Marie Turner - *"What's on the Horizon for Health Reform in the U.S.?"*

Grace-Marie Turner is president of the Galen Institute, a non-profit research organization devoted exclusively to health policy.

Thursday, August 20, 2009

8:00-8:30am - Registration & Continental Breakfast

8:30-9:00am - Welcome from Herbruck Alder

9:00am - Noon - Breakout Sessions by the Medical Insurance Companies

Noon - 1:30pm - Lunch & Keynote by Grace-Marie Turner

LaCentre - 25777 Detroit Road, Westlake, OH 44145

[Click here](#) to register. Or, contact Alison Muth at 216-377-2595 or amuth@herbruckalder.com.

**Helpful Health Hints presented by
Herbruck Alder &****Do you have trouble sleeping? Don't lose sleep over it.
MetroHealth can help.**

A majority of American adults (63%) do not get the recommended eight hours of sleep needed for good health, safety and best performance. Sleep is an essential part of life and as important for good health as diet and exercise and is necessary for your survival. A lack of sleep elevates your risk of high blood pressure and diabetes and can play a role in stroke, asthma, epilepsy and seizures. Adequate and restful sleep can help you fight disease, weight gain, daytime sleepiness, problems concentrating and increased accidents.

What are the Signs and Symptoms of Sleep Disorders?

- Problems with falling and staying asleep; problems with staying awake
- Problems with maintaining a regular sleep schedule
- Sleep-disruptive behaviors

[Click here](#) to read more.

Health Tip: Monitoring Beach Safety

(HealthDay News) -- Hitting the beach is a great way to spend the late spring and summer. But what if your local beach is contaminated with germs that can make you sick?

[Click here](#) to read more.

Local Community Events

There are numerous events in Northeast Ohio every week that help individuals lead a healthy lifestyle.

[Click here](#) to see a list of upcoming events.

Herbruck Alder Wellness Adventurers

Are You Ready for the Cleveland Experience?

The 33rd Annual Rite Aid Cleveland Marathon, Half Marathon and 10k was run on Sunday May 17th. This is the



big race for the year in Cleveland and we had a couple of our employees who participated in it.

[Click here](#) for additional information.

FINAL Shape Up The Nation Update

Herbruck Alder has now completed its first Shape Up The Nation competition! After 12 weeks and a lot of hard work and exercise, we have 2 teams who have placed 1st in our three different events. One team won the exercise minutes event and the pedometer steps event. The other team won the weight loss event.

[Click here](#) for additional information.

Healthy Recipe



American Potato Salad

Summer's not complete without this classic side dish. This version has buttery Yukon Gold potatoes, hard-boiled eggs and a splash of vinegar for extra flavor.

[Click here](#) for recipe.

Contact Us!

We want to be your resource for Health & Wellness. Please contact your Herbruck Alder representative at 216.623.2600 about how we can continue to help your company with their wellness endeavors.

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