

August 2019

Enjoy the Sun Safely!

Sun exposure is the leading cause of skin cancer, and it's also to blame for up to 90% of the visible signs of aging. But you don't have to avoid the sun completely. Just be smart about how you spend your time outdoors.

- **Block it out:** Wear sunblock (SPF 15 or higher) every day, and on every body part that's not covered by your clothes. Also consider a wide-brimmed hat or an umbrella to further protect yourself.
- **Don't rely on the Forecast:** It's a common myth that it must be sunny to burn, but UV rays still sneak through the clouds. Also, sun damage adds up day after day, no matter how strong the sun is. So make SPF part of your everyday routine.
- **Don't Forget the Eyes:** Your eyes can get sun damage too! Always wear sunglasses that block 99-100% of UVA and UVB rays.

Source: Skin Cancer Foundation

2019 Health Risk Assessments: August 1 - 31

Certain risk factors that associate with chronic disease are measured during the Health Risk Assessment (HRA). Early detection can prevent costly medical issues such as heart disease, stroke, arthritis, respiratory disease, cancer and metabolic syndrome.

The HRA consists of two components:

- Biometric Screening* (due 8/31)
- Online Health Questionnaire (knowandgo.org, due 9/30)

*The biometric screening includes measurement of vitals and a blood draw. The following health measures are tested: BMI, Blood Pressure, Fasting Blood Glucose, Cholesterol (LDL/HDL), Triglycerides and Cotinine (tobacco).

Participate in **both components** of the HRA to earn a \$650 medical premium discount for the 2020 plan year. Eligibility depends on receiving 100 points on the score-card or completing subsequent health coaching sessions. An additional \$260 medical premium discount is available if your spouse or domestic partner participates in the HRA.

Note: HRA must be completed through one of the Grande onsite clinics to qualify. Must be hired prior to 8/31/2019 to participate. Must be on Grande's medical plan to earn incentive.

Schedule your HRA today: (920) 907.3922 OR (855) 289.7517

For more information, visit www.grandehealth.com.

Avocado Bruschetta

Ingredients

- 2 slices of thick bread, slightly stale
- 1 large tomato
- 1 small red onion
- Black pepper
- Sea salt
- 1 ripe avocado
- 1 tsp extra virgin olive oil
- 1 fat clove garlic



Directions

1. Toast the bread until it's a medium-dark brown. If it's too lightly-toasted, it won't hold up beneath the toppings.
2. Finely chop the tomato and onion, and place into a bowl with 1 tsp olive oil, a few grinds of black pepper, and a smidge of sea salt. Mix together.
3. Open up the avocado, remove the pit, scoop out the flesh into a bowl, and gently mash it with a fork.
4. Rub the clove of garlic over each slice of toast. If you have any left over, mince it up, and sprinkle over the toast.
5. Spread half of the avocado over one slice of toast, followed by half of the tomato and onion mixture.
6. Repeat for the second slice.
7. Finish by grinding some more black pepper over the top.
8. Serve immediately.

Source: Yumsome.com

Community Events

Doug Lyke Twilight 5k Trail Run/Hike

Saturday, Aug 10, 2019; Ripon, WI

Cost: \$20 **Website:**

<https://localraces.com/events/ripon-wi/doug-lyke-twilight-5k-trail-run-hike>

Race the Lake (Cycling: Individual or Relay)

Saturday, August 25, 2019; Fond du Lac, WI

Cost: \$50-80 **Website:**

www.active.com/fond-du-lac-wi/cycling/races/race-the-lake-2019

