

Summer Wellness: Staying Healthy on the Go

Summer is the perfect time to travel, explore, and spend more time outdoors—but it can also bring unique health challenges. Whether you're heading out on vacation or simply enjoying longer days, having the right tools and knowledge can help you stay healthy wherever you go. The benefits below are available for benefit eligible employees.

RECEIVE CARE ANYWHERE WITH TELEMEDICINE

When you're away from home, getting medical care doesn't have to be complicated. Teladoc offers convenient, on-demand access to licensed providers right from your phone. So, why use virtual care this summer? You can:

- Get medical advice while traveling—no need to search for nearby clinics
- Receive quick support for minor illnesses, allergies, rashes, or insect bites
- Access prescriptions sent to a nearby pharmacy

To get started, visit www.Teladoc.com and click on Login / Register > Get Started or call 800-Teladoc (835-2362)

CHOOSE THE RIGHT CARE & AVOID UNNECESSARY ER VISITS

Summer mishaps can happen, but not every situation requires an emergency room visit. Knowing where to go can save you time, stress, and money.

Use telemedicine for:

- Cold or flu symptoms
- Mild sunburn
- Sinus infections or allergies
- Minor skin concerns

Consider urgent care or the ER for:

- Severe injuries or deep cuts
- Difficulty breathing
- Chest pain or signs of a serious condition

STAY AHEAD OF SUMMER HEALTH RISKS

Warmer temperatures and increased outdoor activity can increase the risk of certain health issues. A little preparation goes a long way.

Tips for a healthy summer:

- **Stay Hydrated:** Drink plenty of water, especially during outdoor activities
- **Protect Your Skin:** Use sunscreen (SPF 30+), wear hats, and seek shade
- **Eat Fresh & Light:** Choose hydrating foods like fruits and vegetables
- **Prevent Bites:** Use insect repellent and wear protective clothing
- **Watch for Heat Illness:** Take breaks and avoid peak heat hours

Enjoy the Sun & Make the Most of Your Benefits

Your medical plan and telemedicine services are designed to support your health—wherever summer takes you. Scan the QR code to download UMR's app now so it's ready when you need it.

