

The Wellness Exchange



A Publication of
BUSINESS HEALTH SERVICESSM
Solutions for a Healthier WorkplaceSM

For more information call 1-800-765-3277 or visit www.bhsonline.com



“Texting” - A Powerful Communication Tool

“Texting” is an extremely popular form of communication. Text messages, or SMS (simple message service) can contain text, images, and/or video. Texting is portable and immediate, and we can contact family and friends anytime from anywhere. It’s a powerful communication tool that has affected multiple generations. Texting helps us keep in touch with close friends to share experiences and exciting news.

Family Friendly

The technological advances with cell phones and texting have allowed families to stay in touch. About 89% of families with children have multiple cell phones. The use of this technology is building a new type of communication for families. Texting allows families to stay in contact and helps parents figure out family plans. Texts can also work as message reminders for families.



Tips for Parents

- Question whether or not your child needs text messaging on his/her cell phone.
- If your child is texting, look into a phone plan with unlimited texts to avoid unwanted charges.
- Set rules with your child regarding when and where they are allowed to text (for example, no texting during dinner or at school).
- Decide on, and communicate the consequences for misuse.
- Set an example. Be aware of your own cell phone behavior.

Parents need to be aware of the potential dangers of SMS. It can be used to bully or humiliate children and teens. It can also be used as a way of cheating in school. Text messaging is a powerful communication tool that needs to be used responsibly.



Technology Addiction

Text messages provide us with instant gratification. This immediate connection, however, is not always rewarding. For many, a wireless gadget such as the Blackberry (or “Crackberry” as it is commonly called) is becoming more of an addiction than a helpful tool. Experts say that owners of such devices are becoming dependent on them and addicted to checking their text messages and emails. As people become more reliant on their phone, they risk becoming disconnected from social interaction.

Learn More

Visit the following websites to learn more about texting:
www.pewinternet.org
<http://knowwheretheygo.org>

Business Health Services is a free and confidential program provided by your employer for you and your household members. BHS can help resolve personal and professional problems.

For additional information call BHS today.

1-800-765-3277



August is National Immunization Month

August is National Immunization Awareness Month. This month is a perfect time to increase awareness about immunizations. Vaccines are a safe and cost-effective way for Americans to continue to be healthy. Many of us think that vaccines are just for children, but experts are now recommending adult vaccinations. It is estimated that each year 50,000 adults die from vaccine-preventable disease such as influenza, shingles and chickenpox.

Why is it Important?

Vaccines offer protection from many infectious diseases, including polio, measles, and mumps. The viruses and bacteria that cause these diseases still exist. Staying up to date on the recommended vaccines can protect yourself, your family, and your community from life-threatening infections. In addition, those who get sick from vaccine-preventable disease miss work, are unable to care for their dependents, and in some cases pass the disease on to others.

Who and When?

Immunization is a lifelong process. Everyone, regardless of age, sex, race, ethnic background or country of origin, should be getting the appropriate vaccines. Most vaccines are given during the first five to six years of life since infants and children are particularly vulnerable to infection. Other vaccines are recommended for adolescents and adults, as well as for those individuals traveling outside the United States. Please speak with your health care provider about the recommended vaccines for your family.



Master's Level Clinicians are available 24 hours a day, 7 days a week. Call us today!

1-800-765-3277



Prevent and Protect

Prevention is key! Vaccines provide immunity and can prevent a disease from occurring in the first place, rather than attempting to cure it after the fact. Vaccines help to protect our future generations and are one of the best ways to eliminate diseases.

For More Information

Talk with your doctor about the appropriate vaccines. The following websites also offer more information:

www.cdc.gov/vaccines

www.mayoclinic.com

www.adultvaccination.com

10 Reasons to Get Vaccinated

- Vaccine-preventable diseases still exist
- Vaccines keep you healthy
- Vaccines are just as important as exercise and a healthy diet
- In some cases getting a vaccine can be the difference between life and death
- They are safe and effective
- It is not possible to acquire the disease from the vaccine
- Even if you are young and healthy, you can still get sick
- It is expensive to treat vaccine-preventable diseases
- If you get sick, it can affect everyone in your family and the community
- Your family and co-workers need you around to support them