



HEALTHY WORKFORCE NEWS

April 2022



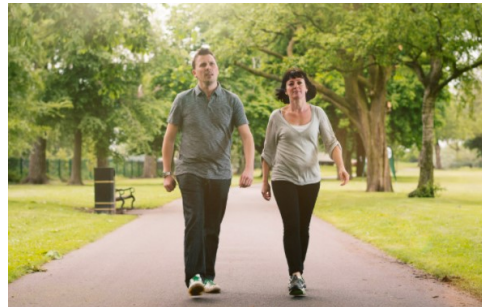
Mental Health

Connect with Nature for Improved Mood and Mental Health

Research shows that spending time outdoors can boost mood and relieve stress.

As we transition from winter to spring, set aside time each week to get outside and enjoy the sunshine and warm weather.

As the days get longer, there is more opportunity to get Vitamin D from the sun. However, be sure to practice sun safety by applying an appropriate sunscreen with at least 30 SPF.



Wood County Parks and Recreation as well as Toledo Metroparks offers many unique options to get outside and enjoy nature. Click the links below for additional information on nearby parks.

[Get Outside Yourself | Metroparks Toledo](#)

[Adventure Awaits You. | Wood County Park District \(wcparks.org\)](#)



Physical Health

Stay Up to Date with Preventive Care Screenings

When was the last time you had your cholesterol or blood pressure checked? Independence Health and Wood County Hospital Wellness Services can provide these onsite at your workplace as a convenience for your employees.

Yearly screenings such as mammograms, prostate exams and dermatology exams, just to name a few, are an important part of prevention. These screenings can identify early stages of health issues and allow you the opportunity to be proactive in your path to care.



For additional information on bringing wellness screenings to your workplace, contact Teri Laurer at 419-354-3131 and take advantage of this great opportunity.

Information for Women:

[Health screenings for women ages 18 to 39: MedlinePlus Medical Encyclopedia](#)

[Health screenings for women ages 40 to 64: MedlinePlus Medical Encyclopedia](#)

Information for Men:

[Health screenings for men ages 18 to 39: MedlinePlus Medical Encyclopedia](#)

[Health screenings for men ages 40 to 64: MedlinePlus Medical Encyclopedia](#)

Independence Health Employer Services Updates : **New Maumee Office**

Area employers look to healthcare providers to ensure they have a healthy and productive workforce. Independence Health Employer Services fulfills this need. We work with employers to provide appropriate employment screenings and physical exams to ensure employees are placed in jobs which they are fit for. We perform drug and alcohol testing, as well as return-to-work and fit for duty physicals and several other services based on employer needs and industry regulations.

When an employee gets injured on the job, Independence Health Employer Services provides initial treatment and follow-up care to get the injured worker safely back to the job as quickly as possible. Working with companies, we are able to keep employees on the job and help them maintain a productive lifestyle while recovering when injuries occur.

For more information, contact Deb Blankenship @:

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Nutritional Health

Packing the Perfect Lunch

Planning and prepping lunches for work can be a healthy and money saving option, rather than heading out and grabbing food at a restaurant or doing drive thru fast food.

Here are a few quick tips to help you enjoy a lunch made with goodies from home.

1. Make a grocery list with items that are easy to prep and pack.
2. Rinse and cut up veggies and fruit ahead of time and put in individual containers or bags. This saves time so that you can just grab and go.
3. Divide trail mix or nuts and seeds into small one or two serving size containers.



4. Boil eggs for a quick protein source.
5. For smoothies blend fruits and veggies and freeze. Thaw and put into your lunch bag.



Social Health

Think Spring and Sun Safety

As we begin to get back outside for social events, it is also an important time to remember sun safety. If you are heading out to a baseball game, or a outdoor picnic or concert, remembering to pack a hat and apply sunscreen is a must!

Here are a few tips to help protect your skin from the sun.

Stay in the Shade:

If possible find a shady spot under a tree or an umbrella to minimize your exposure to the sun.

Clothing:

Wearing lightweight clothing that covers your arms and legs gives you an extra layer of protection from the sun's damaging rays. You can also find clothing that offer a certified UV protection sometimes found in swimwear and coverups.

Hat:

Wearing a hat keeps your head and face and parts of your neck covered from the sun. It also helps to protect your eyes from the sun's UV rays. Choose a hat with a large brim for the most protection. If you opt for a baseball cap, remember to apply sunscreen to your neck and ears for protection.

Sunglasses:

Sunglasses offer protection from the UVA and UVB rays that come from the sun. Choose a pair that fits your face well for added protection of the sensitive skin around your eyes.

Sunscreen:

Choose a broad spectrum sunscreen with an SPF of at least 30. Be sure to check the expiration date as the protection level decreases as it nears that date. Also, always remember to reapply if you are out for more than 2 hours, playing a sport and sweating, or swimming.



Time Management for Mindfulness

Time management can be an essential part of improving your mental health. Here are some tips to help you slow down and take back your time.

1. Set clear goals. What is important? What is urgent? Prioritize your list and check it off as you go.
2. Minimize interruptions. Turn your phone ringer off. Log out of email and make time to be unavailable.
3. Are you good at multi-tasking? If not, re-evaluate and go back to completing one thing at a time.
4. Take breaks. Allow yourself to take a few quick breaks throughout the day to clear your mind and start fresh.



Employer Services

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