

Road to **WELLfluent**TM

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BACK-TO-SCHOOL IMMUNIZATION CHECKLIST



You've got your child's school supplies, backpack and new pair of sneakers but don't overlook one of the most important back-to-school must-haves – immunizations. Having your child immunized is the best way to ensure they are protected from disease-causing organisms, and AvMed is ready to provide your child with the vaccinations they need. The types of immunizations your child needs will vary based on age, and it's important to make sure your child gets the right shots at the right times. Your child's doctor will be able to determine which vaccines your child needs at every age to stay healthy. Some of the recommended immunizations for children include:

- Diphtheria, Tetanus Toxoids and Acellular Pertussis (DTaP) Vaccine Series
- Haemophilus Influenza Type B (Hib) Vaccine Series
- Hepatitis A (HepA) Vaccine Series
- Hepatitis B (HepB) Vaccine Series
- Human Papillomavirus (HPV) Vaccine Series

- Inactivated Polio (IPV) Vaccine Series
- Influenza Vaccine (Flu Vaccine)
- Measles, Mumps and Rubella (MMR) Vaccine Series
- Meningococcal serogroups A,C,W,Y (MCV) Vaccine
- Pneumococcal (PCV) Vaccine Series
- Rotavirus (RV) Vaccine Series
- Tetanus, Diphtheria, Pertussis (Tdap) Vaccine
- Varicella (VZV) Vaccine

Most immunizations use a series of shots, or "boosters," to provide long-term effectiveness, and each shot must be given according to a recommended timetable. Be sure to follow the immunization schedule recommended by your physician and the Centers for Disease Control and Prevention (CDC) so your child enjoys the best possible health, not just in school, but all the way through adulthood. To view the complete 2018 Childhood Immunization Recommendations, go to AvMed.org/PreventionandEducation

Four Tips to Make Sure Kids' Eyes and Vision Are 'Grade A' This School Year

American Academy of Ophthalmology Shares Back-to-School Tips for Children's Eye Health and Safety Month

With back-to-school time around the corner, parents will be scrambling to buy new school supplies and clothes. As they tick off their long list of school to-dos, ophthalmologists are reminding moms and dads not to neglect one of the most important learning tools: their children's eyes.

Good vision and overall eye health are vital to learning. The American Academy of Ophthalmology is emphasizing the importance of healthy vision to academic success during Children's Eye Health and Safety Month in August.

Because children are still growing, being vigilant about eye health is important. For healthy eyes and vision throughout the school year, the Academy recommends the following four tips:

1. Get regular childhood vision screenings - Children's eyes change rapidly, making regular vision screenings an important step in detecting and correcting eye problems early. In addition to screenings for infants, the Academy recommends further vision screening for children when they are:

- Pre-school age, between age 3 and 3 and a half
- Entering school
- Experiencing a possible vision problem

For school-age children, a vision screening, which is less comprehensive than a dilated eye examination by an ophthalmologist, can be performed by a pediatrician, family physician, nurse or trained technician during regular checkups. If the screening detects a problem, the child may need to see an ophthalmologist -- an eye physician and surgeon -- or other eye care professional.

2. Know and share your family eye health history

- Everyone should find out whether eye conditions or diseases run in their family. Examples of common eye conditions include nearsightedness, crossed eye, known as strabismus, and lazy eye, known as amblyopia.



If these are not treated in childhood, they can cause permanent vision loss in one eye.

3. Watch for signals of eye problems - Parents should be alert to symptoms that could indicate an eye or vision problem, such as complaints of eyestrain, headaches and squinting when reading or performing other common activities.

4. Wear protective eyewear when playing sports

- Eye injuries while playing sports can cause serious damage, whether by getting smacked with an elbow during basketball or hit with a hockey stick. If your child plays racket sports, hockey, field hockey, baseball or basketball, consider having them wear goggles or other certified protective eyewear. Visit the Academy's website to learn more about common childhood eye conditions. <https://www.aao.org/newsroom/news-releases/detail/back-to-school-eye-exams-vision-screening>



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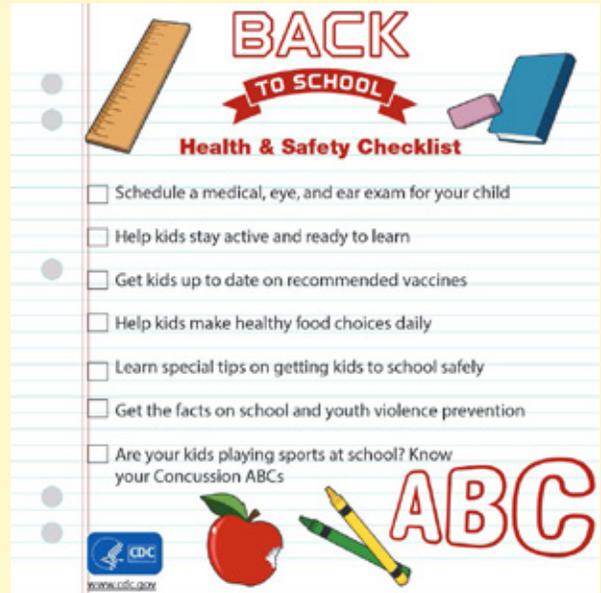
Back to School: Quick Workouts for Busy Parents

Being a parent is hard. Working out is hard. Being a parent is hard. Working out is hard. Finding time to do both is almost impossible. Between work, getting the kids to and from school and practices, helping with homework and cooking meals, it can be hard squeezing in some daily physical activity. After all is said and done, you might be lucky enough to have 30 minutes left in the day to get in some exercise. Fortunately for you, that's just enough time for one of these routines.

Running/Walking: Not only can running help you lose weight, but it also improves overall health and strengthens the joints. Plus running can be as quick or as long as a workout you need it to be. If you're new to running try walking first and then incorporate intervals of walking and running.

Playground Workouts: Taking your kids to the playground is where they can have fun and you can exercise. Try climbing across monkey bars for an upper body workout or use the park bench to do tricep dips or swings to do elevated lunges. By the time your kids are done playing you'll have had a complete workout.

For more workout ideas visit: <https://www.activekids.com/parenting-and-family/articles/back-to-school-quick-workouts-for-busy-parents/slide-5>



Head Back to School Safer and Healthier this Year!

Heading back to school is an exciting time of year for students and families. As students go back to school, it is important that they eat healthy and stay active, are up to date on their immunizations, and know the signs of bullying for a healthier and safer school year.

- Eat healthy and stay active - Our children spend the vast majority of their day at school, so it's a place that can have a big impact in all aspects of their lives. Prevention works. The health of students—what they eat and how much physical activity they get—is linked to their academic success.
- Get vaccinated - Getting your children and teens ready to go back to school is the perfect time to make sure they are up-to-date with their immunizations. Vaccination protects students from diseases and keeps them healthy.
- Bullying is a form of youth violence and can result in physical injury and social and emotional distress. Some school-based prevention methods can detect and address bullying before it starts.

For more tips on heading back to school, please visit [CDC.gov](https://www.cdc.gov).



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GUACAMOLE

Ingredients

- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper (optional)

Directions

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. You can make this avocado salad smooth or chunky depending on your tastes. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

Nutrition Facts

Per Serving: 262 calories; 22.2 g fat; 18 g carbohydrates; 3.7 g protein; 0 mg cholesterol; 596 mg sodium

Source: www.allrecipes.com

AUGUST EVENTS

| Date | Time | Event | Location | Description |
|--|---------|--|--|--|
| Saturday August 4, 2018 | 7:00 am | Jacksonville Triathlon Series Olympic & Sprint - #3 | Independent Dr. The Jacksonville Landing Jacksonville, FL 32202 | <p>SWIM: with the fresh water current of the St. John's River (dock start) with a fresh water shower into transition #1. Swim caps are provided in your race packet and are REQUIRED during the swim.</p> <p>BIKE: the flat, fast, out & back CLOSED course along the urban riverfront around EverBank Field, Home of the Jaguars.</p> <p>RUN: on the fast & flat, out and back course with water, sports drink, and sponges available at water stations along the Riverside North Riverwalk and downtown Jacksonville</p> <p>https://runsignup.com/Race/FL/Jacksonville/JacksonvilleTriathlonRace3?afft_token=vkmwDmweQ4iCYn8otS00nKQ3vC08bu0w</p> |
| Sunday August 12, 2018 | 6:30 am | Mack Cycle Key Biscayne Trilogy | Marine Stadium, Key Biscayne, Miami, Florida | <p>Be part of the oldest triathlon series in South Florida, the 15th annual Mack Cycle Trilogy Sprint Triathlon/Duathlon and International Distance Triathlon. The Mack Cycle Trilogy Series will be taking part at the newly renovated Miami Marine Stadium. Get ready to set some personal records. The bike course features the Rickenbacker Causeway bridge. The run course will feature a flat course, just make sure you are paying attention to your nutrition as we are more than likely to be racing in temperatures in the mid 80's</p> <p>http://www.triathlontrilogy.com/general-info</p> |

*Note the CDC suggests staying cool and making simple changes in your fluid intake, activities, and clothing during hot weather can help you remain safe and healthy.



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