



your health & well-being

Hot weather? It's important to stay hydrated

Why do we get dehydrated?

Dehydration occurs when your body loses too much fluid. This can happen when you don't drink enough water, or if you lose large amounts of fluid because of diarrhea, vomiting, sweating, or exercise.

And why is that important?

Not drinking enough fluids can cause muscle cramps, and you may feel faint or dizzy. Usually your body will just reabsorb fluid from your blood and other body tissues. However, if you become severely dehydrated you no longer have enough fluid to get blood to your organs and you may go into shock, which is a life-threatening condition.

Dehydration can occur in anyone at any age, but it is most dangerous for babies, small children, and older adults.

Stay hydrated as you exercise

Most people lose as much as 1-2 quarts of fluid during one hour of exercise. When you are not drinking enough fluids your muscles tire more quickly, and you may get leg cramps while walking or running.

An athlete can lose as much as 3 quarts of fluid per hour during an intense workout.

- Endurance activities such as distance running, cycling, strenuous hiking, or cross-country skiing can cause severe fluid loss. These types of activities can also lead to heat exhaustion.

Distance runners and other endurance athletes are not the only ones to have problems with dehydration. Football, basketball, and hockey players may lose large amounts of fluid during a game. High school and college wrestlers often decrease their fluid intake and intentionally promote excessive sweating before a match in order to "make weight."

What you can do about it

- To avoid dehydration during hot weather and exercise, drink eight to ten glasses of fluid (water or rehydration drinks) each day.
 - Drink extra water before, during, and after exercise.
 - Take a container of water or sports drink with you when you exercise, and try to drink at least every 15 to 20 minutes.
 - Use a sports drink if you will be exercising for longer than one hour.
- Encourage your child to drink extra fluids or suck on Popsicles. Children between the ages of four and ten should drink at least six glasses of liquids to replace lost fluids.
- Limit coffee, colas, or other drinks that contain caffeine. They increase urine output and may dehydrate you faster.
- Alcoholic drinks, including beer and wine, can increase dehydration.
- Do not take salt tablets. Use a sports drink if you are concerned about replacing minerals lost through sweating.
- Stop working outdoors or exercising if you feel dizzy, lightheaded, or very tired. Move to a cooler place inside or in the shade, and make sure to drink plenty of cool liquids.
- In very hot or dry weather and at high elevations, exercise early in the day or later in the evening when it is cooler.

Source: Healthwise®



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it's time to feel better®



July tip of the month

Avoiding overexposure to the sun

- Stay out of the midday sun (from 10 o'clock in the morning to 4 o'clock in the afternoon), which is the strongest sunlight.
- Find shade if you need to be outdoors.
- Wear protective clothing, such as:
 - Hats with wide brims (four inches or more) to shade your neck, ears, eyes, and scalp.
 - Sunglasses with UV protection.

If you can't avoid being in the sun, use a sunscreen to help protect your skin.

- Use a sunscreen that has a sun protection factor (SPF) of 30 or higher. "Broad-spectrum" products can protect the skin from ultraviolet A and B (UVA and UVB) rays.
- At least 30 minutes before being exposed to sunlight, apply sunscreen to all the skin that will be exposed. Include the nose, ears, neck, scalp, and lips.
- Apply sunscreen evenly and in the amount recommended on the label. It usually takes about 1 fl. oz. to cover an adult's body.
- Reapply sunscreen every 2-3 hours while in the sun, and after swimming or sweating a lot.
- Use lip balm or cream that has an SPF of 30 or higher to protect your lips from sunburn or developing cold sores.

Source: Healthwise®

To calculate how much ultraviolet (UV) exposure you are getting, use the shadow rule:

- A shadow that is longer than you are means UV exposure is low;
- A shadow that is shorter than you are means UV exposure is high.

On myCIGNA.com this month

Does it seem that whenever you take a family vacation trip, someone gets sick or needs some kind of medical attention? If you are far from your own doctor, or just need to check with a nurse or physician assistant, look for a Convenience Care Clinic.

You can get high-quality, affordable services at Convenience Care

Clinics located throughout the country, in or near retail and pharmacy locations such as CVS/pharmacy®, Walgreens® drugstores and Publix® grocery stores.

About the clinics

- No appointment needed, and hours and locations that work with your schedule.
- A nurse practitioner will diagnose your ailment and, if necessary, give you a prescription to fill.
- The clinic will send the results of your diagnosis and treatment to your doctor for any appropriate follow-up.
- Coverage for the service is determined by your health plan. Your plan's primary care physician office copay or coinsurance will apply to these services.

Finding a clinic

- Go to www.CIGNA.com. In the CIGNA Provider Directory, go to "What Type of Provider are you looking for?" and select: Facility/Ancillary.
- Under "Area or location" enter your City and State or your ZIP Code.
- Click Next.
- Select your plan type under "What type of plan do you have?"
- From the "Select a Specialty" list, choose Convenience Care Clinic.
- Click Search.





Important Contact Information

Two simple resources provide access to tools and information so that you and your family can take care of your health and wellness needs. You can go online, or call the number on your ID card.

Online

www.myCIGNA.com

Register, then log in for direct, secure access to your personal health information and plan benefits.

You can:

- Find a doctor or a Convenience Care center
- Track claims and account balances
- Get cost and quality information for hospitals, specialists and prescription medications
- Find health and wellness information from trusted resources.
- Compare costs for your covered prescription medications. Go to the Pharmacy tab to check prices at your area pharmacies.
- Check the Nurse Line audio library if you want to learn about a health topic or medical condition. Just go to myHealth, then click Health Information Line to view the complete catalog, or to download podcasts (mp3) on selected topics. (Download details are provided on the myCIGNA page.)

my health assessment

Complete this online questionnaire to get a clear picture of your overall health, and identify ways to protect or improve it. Go to myCIGNA, myHealth page.

Need help with stress? Trouble sleeping? Want to eat better, or be more active? **CIGNA Online Coaching Programs** will help you achieve your goals. Go to myCIGNA, myHealth page to start.

We're only a phone call away.

Need to speak to a health advisor, or check on the status of a claim? Call your Customer Service team for help.

Active employees: 800.633.8519 • Retirees: 800.942.6724

- Contact a **Health Advisor** if you or a family member has a specific health issue or condition. They can help you with chronic health conditions like diabetes, asthma, metabolic syndrome, low back pain, heart disease, and more. They can also guide you to programs to lose weight or quit smoking.
- **24-Hour Nurse Line**
Call any time to speak with a registered nurse for expert, reliable help and guidance. You can also listen to a health recording from the audio library. To access a recording first look up the topic and code number on myCIGNA.com, then call and follow the phone prompts to enter the 4-digit code and listen to the recording.
- **Healthy Babies**
Support for moms and babies from the start of pregnancy through delivery. Just call to enroll.
- Sometimes life can be hard to handle. If you are dealing with **mental health or substance abuse** issues, you and your dependents have access to the assistance you need, round the clock.

Address updates

You could be missing out on important mailings.

For active employees, please complete and submit a Change and Miscellaneous Update form (available online).

- Go to dch.georgia.gov/shbp. Click **SHBP forms** then **Eligibility forms**.
- Scroll to **Enroll or Update Coverage** and click **Change and Miscellaneous Update Form** to open the form.

Print out and complete the form, and return it to your payroll location benefit manager.

For retired employees, please submit the following information:

- Name
- Subscriber number from your CIGNA ID card or Social Security number
- Current address
- New address
- Telephone number
- Signature authorizing the address change

Retirees mail to:

State Health Benefit Plan
P.O. Box 1990
Atlanta, GA 30301



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