



Choose Your Challenge!

Pick one activity below to participate in during the month of Aug. and earn 100 Vitality Points when you submit the needed criteria to your Vitality account by the submission deadline. Insured-spouses are encouraged to participate too! Only one point-earning submission is allowed per participant each month.



Research personal health risks challenge

Knowing your health history helps you to be more proactive about your health. A family medical history is a record of health information about a person and his or her close relatives. A complete record includes information from three generations of relatives, including children, brothers and sisters, parents, aunts and uncles, nieces and nephews, grandparents and cousins.

Families have many factors in common, including their genes, environment and lifestyle. Together, these factors can give clues to medical conditions that may run in a family. A family medical history can identify people with a higher-than-usual chance of having common disorders, such as heart disease, high blood pressure, stroke, certain cancers, and diabetes. These complex conditions are influenced by a combination of genetic factors, environmental conditions, and lifestyle choices.

Knowing one's family medical history allows a person to take steps to reduce his or her risk. For people with an increased risk of certain cancers, healthcare professional may recommend more frequent screenings starting at an earlier age. Additionally, lifestyle changes such as adopting a healthier diet, getting regular exercise, and quitting smoking help many people lower their chances of developing heart disease and other common illnesses that can be prevented.

This month's challenge encourages you to assemble information about your own family medical history. Use the information on the following pages to identify questions that you may ask- like a history of vaccines, chronic conditions and any known family health risks. To be eligible for 100 Vitality Points, complete and submit your challenge pledge to your Vitality account by the end of the month.

Important: Please do NOT submit any family medical information to Vitality. You should submit **only** the **challenge pledge** to earn your points.

Source: [U.S. National Library of Medicine](https://www.nlm.nih.gov/medlineplus/genetics/100questions.html)

Submittal guidelines:

Deadline to submit for Vitality Points: Aug. 30, 2019

To earn Vitality Points, submit your completed **challenge pledge only** to your Vitality account either online (Your Account> Forms and Waivers> Amplify Offerings) or using the Vitality Today app (Submit Activity> Amplify Offerings).

Prescribing time in nature challenge

There is now enough science about the health benefits of nature to get the attention of the medical profession. Imagine going to your doctor and, instead of a prescription for some named or generic pharmaceutical drug, you instead receive a prescription for a 30-minute walk in nature. This is not actually that far-fetched. Nature as medicine.

One contributing factor to this is the shifting demographics- people are living in urban areas, often with little or no nature. In 1950, around 30 percent of the world's population lived in urban areas. By 2018, that number was 55 percent, and by 2025, it will be 68 percent. With little- and sometimes no-access to nature, this shift has resulted in a decrease in experiencing the joys and healing power of nature.

There has been many studies on how outside time can lower a person's risk for developing type 2 diabetes, cardiovascular disease, anxiety and depression, and other mood and mental disorders. Now, researchers have begun to quantify how much time you would need to spend in nature to see such health effects.

Scientists from the University of Exeter in England and Uppsala University in Sweden surveyed nearly 20,000 British people. The study found that people who spend at least 120 minutes (or two hours) in nature a week are significantly more likely to report good health and higher psychological wellbeing than those who do not visit nature at all during an average week. However, no such benefits were found for people who visited natural settings such as town parks, woodlands, country parks and beaches for less than 120 minutes a week. The study also found that it didn't matter whether the 120 minutes was achieved in a single visit or over several shorter visits.

This month's challenge encourages you to spend 120 minutes per week in nature. In the study mentioned above, the majority of nature visits took place within just two miles of home so even visiting an urban greenspace seems to be a good thing. To be eligible for 100 Vitality Points, you must track your time spent outdoors on the challenge pledge. Be sure to submit your challenge pledge to your Vitality account by the end of the month.

Importance of Immunization

01

The Importance of Inoculation

How Vaccines Work

Vaccines are weakened bacteria that simulate an illness when they are injected in your body. In response to this simulation, your body develops a supply of defensive cells to fight off similar infections in the future, preventing you from developing the real illness.

Vaccinating enough of a population leads to a type of resistance called “herd immunity,” which means there are so few nonvaccinated people that an illness is unable to spread and become an epidemic.

Why They Are Important

Vaccines were initially developed in the 1700s and have been used to reduce or eradicate many dangerous illnesses, including (but not limited to) smallpox, polio, tetanus, whooping cough, measles, mumps and rubella.

Why Do Some People Believe Vaccines Are Harmful?

In 1998, a paper was published linking the MMR vaccine to autism. The findings were widely criticized by the scientific community and have since been retracted, but they sparked an unnecessary fear of all vaccinations that persists to this day. As a result, some parents forego vaccines and inadvertently cause the return of preventable diseases, such as measles and mumps (which are prevented by the MMR vaccine).



Monthly Activity

Research Personal Health Risks

Do you know your family medical history and how it affects your personal health? Do you have specific concerns about your wellbeing? Does your job or hobby put you at risk for certain injuries or illnesses? To complete this activity, do a little research and learn more.



Vaccines: Fact or Fiction

02

Vaccines: True or False?

In recent years, a lot of misinformation has been spread related to the dangers of vaccinating children. But the objective truth is that vaccines are safe, side effects are extremely rare and the vast majority of the medical community supports the use of vaccinations.

True or False?	Answer
Vaccines can cause autism.	False. This rumor arose from an inaccurate study (since retracted) that linked the MMR vaccine with autism. Since then, multiple studies involving thousands of children have found no such connection.
Side effects are rare and most are minor.	True! Side effects of any kind are extremely uncommon and most range from a sore arm to a slight, short fever.
Vaccines protect from dangerous illnesses.	True! Children are vaccinated from these diseases because they are dangerous. The risks associated with the diseases are far greater than any risk associated with a vaccine.
Everyone else is vaccinated, so my child is fine.	False. Many vaccine-preventable diseases have been making a comeback in recent years because this mentality places a community below the “herd immunity” threshold mentioned earlier.
It is dangerous for a child to have too many vaccinations in a short period of time.	False. This is an extremely understandable concern! We’re often warned about consuming too much medicine, and no one wants to cause harm to their child. But again, the risks of delaying the inoculation (i.e., contracting the illness) are higher than the risks of receiving the vaccine.



Research personal health risks challenge

Notes page

This page is for your eyes only and should NOT be submitted to Vitality.

03

Research Personal Health Risks Challenge

Your overall health is a result of many different variables: The food you eat, the air you breathe, the sleep you get and more. But some risk factors are more important than others, including family history and your own personal behavior.

Understand Your Family History

If you don't already know your family medical history, reach out to someone who will know. A genetic history of many life-threatening diseases, such as heart disease, diabetes, high blood pressure, stroke or cancer, places you at a higher level of risk for developing the disease yourself.

Notes:

Consider Your Personal Health Risks

Are you a smoker? Do you exercise the recommended 150 minutes each week? Does your job cause you to sit at a desk all day or sleep off hours? Your personal behavior (both your choices and items out of your control, such as your work schedule) can have a positive or a negative impact on your health—take some time to consider ways you might be putting yourself at risk.

Notes:

Follow Up with a Doctor (If Necessary)

If your family history or personal behavior raises concerns that you have never discussed with a doctor, it's a great idea to make an appointment to follow up or learn more!

Notes:

Research personal health risks

Challenge pledge

To earn 100 Vitality Points, submit your completed challenge pledge to your Vitality account by Aug. 30, 2019.

Name: _____ Employee ID: _____ Circle one: Employee/Insured-spouse

I, _____ successfully completed the Research Personal

Health Risks 2019 Wellbeing Activity.

I learned more about my family medical history. ☐ YES ☐ NO

I have completed my annual Vitality Check. YES NO

I scheduled a doctor's appointment to follow up or learn more. (If necessary). YES NO

Please describe one health goal you will set for the year ahead to control your health risks.

Please describe how you will achieve this health goal and measure your success.

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Prescribing time in nature Challenge pledge

Tracker rules

Check off each day that you spend time in nature during the month of Aug. Be sure that you achieve at least 120 minutes of nature per week to be eligible for points.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Mins
Week of 8/4								
Week of 8/11								
Week of 8/18								
Week of 8/25								

Contract

I, _____ (name), acknowledge that this challenge operates on the honor system and all information provided is accurate.

Employee ID: _____ Select one: Employee or Insured-spouse

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