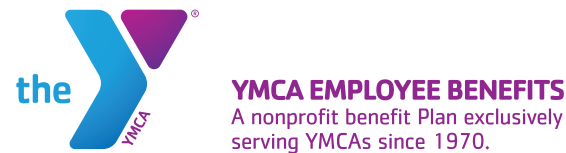


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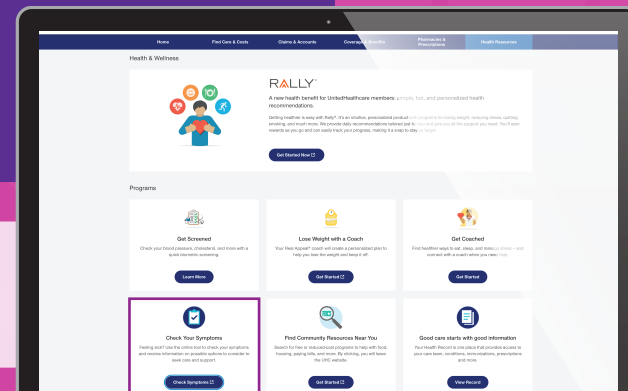


EASY TO USE CARE NAVIGATION

A NEW ONLINE HEALTH SUPPORT TOOL JUST FOR PLAN MEMBERS

A new online resource for members of any Medical plan from YMCA Employee Benefits is now available on myuhc.com! With the Symptom Support Navigator, you can get care and guidance for you and your family any day, at any time. The new tool allows you to check your symptoms, receive guidance and recommendations for timely, appropriate care based on your health plan, and can help you find additional support and resources that may be beneficial to you.

To use the tool, simply log into your account on myuhc.com and navigate to the Health Resources tab. Select the Check Your Symptoms tile to get started.



Please remember that this or any other online tool is not a substitute for professional medical advice, diagnosis, or treatment. If you are experiencing a life-threatening emergency that requires immediate attention, please call 911 or the number for your local emergency service.

PLAN MEMBER PERKS

GETTING MORE OUT OF YOUR BENEFITS COVERAGE

2nd Quarter, 2022

ALSO IN THIS ISSUE:

- ▶ The Right Care, Right at Home
- ▶ What is Alzheimer's Disease?
- ▶ Rewarding Your Health & Wellness with Rally
- ▶ Sleep Positions & Your Health
- ▶ Easy To Use Care Navigation

TRUSTED COVID RESOURCES

Centers for Disease Control (CDC)

www.cdc.gov/coronavirus

World Health Organization (WHO)

www.who.int/coronavirus

UnitedHealthcare (UHC)

www.member.uhc.com/coronavirus

Employee Assistance Program

www.liveandworkwell.com/en/public/custom/covid19

The Public Health Emergency in place because of the ongoing COVID-19 pandemic remains in effect until otherwise announced by the Department of Health and Human Services (HHS).

The health care industry is constantly evaluating new details as they become available, so for the most current information about your benefits and coverage, please call the number on the back of your medical ID card.

COVID-related plan changes can also be found on your Y's page on YBenefits.org.

UNDERSTANDING MIGRAINES

TYPES, SYMPTOMS, AND TIPS FOR MANAGEMENT & PREVENTION

Migraines can manifest in a number of ways and can last anywhere from hours to days for some sufferers. If you experience migraines, the first step in finding relief is knowing more about which type you are dealing with.

Identifying Migraines

Common migraines are severe headaches that occur without a severe visual sensory change. They can also often be accompanied by other symptoms like dizziness, nausea, ringing ears, blurry vision, or light sensitivity.

The sensory changes that occur before or along with the onset of migraine pain and symptoms are referred to as aura, and can include a number of experiences, such as difficulty speaking, ringing ears, double vision, vertigo, muscle weakness, seeing colors or flashing lights, droopy eyelids, or double vision. Identifying what aura symptoms you experience, if any, can also aid you in understanding what type of migraine you have.

Other kinds of migraines can come with similar symptoms but can be further sub-typed by their frequency, patterns in occurrence, or what types of additional symptoms are experienced. Regardless of what type of migraine you may be dealing with, if you have debilitating head pain, loss of vision, or other symptoms, they could be warning signs of a more serious condition (such as stroke) and you should seek emergency care right away.

Preventing Migraines

An important first step in finding the best way to reduce or even prevent migraines entirely is to track symptoms, frequency, and other

notes about your experience that can help you identify triggers (such as particular foods, bright lights, or strong smells). As you track, you may see patterns develop that can help you explain your migraines to your doctor, help you identify causes, and determine what type of treatments may work best.

Treating Migraines

Depending on the root cause and the symptoms you experience with your migraines, there are a number of ways you can treat them. Some home remedies suggested by the Mayo Clinic include: exercising, staying hydrated, getting consistent sleep, relaxing with yoga, meditation, acupuncture, or massage therapy, and cooling down by using ice packs or cold cloths, while resting in a dark and quiet place. If these don't provide you with enough relief, there are a variety of over-the-counter and prescription medicines that can be used to treat symptoms after they arise, or some medicines that are taken regularly to ward off migraine attacks. Some people also find that caffeine can help provide mild relief and may also help the body to absorb medications that are used for migraines.

Managing Migraines

If you're struggling with migraines and haven't found a relief method that works for you, schedule an appointment or virtual visit with a doctor to have a consultation about your symptoms. From there, your physician can help you find the next steps that are right for you. To find an in-network provider near you, or to schedule a virtual visit, start by logging into myuhc.com.

THE RIGHT CARE, RIGHT AT HOME

VIRTUAL VISITS FOR BEHAVIORAL HEALTH FROM OPTUM

As a member of a medical plan from YMCA Employee Benefits, you and your eligible dependents have access to a wide variety of benefits, including mental health resources through Optum, our Employee Assistance Program (EAP) provider. In addition to plenty of resources available on liveandworkwell.com, plan members can also connect virtually with licensed therapists or psychiatrists by scheduling a virtual visit.

It can be much easier to fit a virtual visit into your busy schedule and you won't have to worry about taking time off work, travel time, or finding a place to park. For many, virtual appointments can provide a more relaxing environment—often from the comfort of home—while also providing more privacy and less stigma and disability barriers.

So, how do you get started using virtual visits for mental health? Follow the steps outlined here to find a provider and set up your first appointment.

Step 1: Find a Provider

Visit www.liveandworkwell.com and log in using your HealthSafe ID or anonymous access code 9622. From the top menu, select the FIND CARE drop down and select virtual visits. Click on the "Get Started" button to search for a provider in your state.

You can use the filters on the search page to find providers that fit your needs and see which are accepting new patients or have appointments available. You can also send a text to yourself with the provider's information so you can save it for later.

Step 2: Schedule an Appointment

If a provider offers online scheduling, you will see a "Schedule an Appointment" link next to their name. If this is not available, you should call them directly to schedule.

Please Note: Online scheduling is not available via Internet Explorer.

Step 3: Prepare for your Appointment & Meet with your Chosen Provider

Enjoy a private, confidential, and caring conversation with an expert trained to help with your issues and concerns. If you scheduled your appointment online, you will receive an email with a link to access your visit. If you scheduled directly with your provider, please follow the instructions they gave you when you called them.

Please remember that you'll need a high speed internet connection to support video calls.

Source: Optum

REWARDING YOUR HEALTH & WELLNESS

EASY OPPORTUNITIES TO EARN WITH RALLY

The WellnessWorks program gives Medical plan members and their eligible dependents an opportunity to earn up to \$300 in gift card rewards by participating in a variety of incentivized activities. Once an activity has been completed, rewards will be added to your Rally account where you can choose from a long list of different gift card options to redeem. It's important to remember that the incentive year ends on July 31. So take some time to wrap up any pending programs or activities if you haven't yet reached your full \$300 in rewards this incentive period.

If you're in the middle of a program or activity when the incentive year resets at the end of July, you should continue to work towards completion. As long as that particular program/activity continues to be a rewarded option in the upcoming incentive year, you can still earn rewards for finishing it. They will just be counted towards the next incentive period's \$300.

Don't wait until the last minute! Log into your account on myuhc.com and then head to Rally to check your progress, start a new program, or cash in on your earned rewards today!



Start by logging into your account on myuhc.com. Then scroll down and click the Rally Health & Wellness button to get to your Rally dashboard.



To check your reward balance click the rewards tab on the toolbar at the top of your dashboard and see how much progress you've made towards the maximum of \$300.



If you haven't already earned your \$300 in gift card rewards, look through the available options to see which programs would work best for you



Once you've reached \$300, click the redeem button to see what gift card options are available

Note: You can still cash out your rewards even if you haven't earned all \$300, just make sure to do so before July 31!

WHAT IS ALZHEIMER'S DISEASE?

A CLOSER LOOK AT THE MOST COMMON CAUSE OF DEMENTIA

Dementia and Alzheimer's can often be used interchangeably in conversation, but there is a difference in the details of these two conditions. To make understanding it easier, you can think of dementia as a general term for a decline in cognition, an umbrella that covers a variety of symptoms including (but not limited to) a decline in thinking, behavioral, and social skills. Alzheimer's on the other hand, is a specific type of brain disease that slowly destroys memory and thinking skills as well as eventually affecting the ability to carry out simple tasks.

What are Symptoms of Alzheimer's?

Spotting signs of Alzheimer's early on can be tough, as many people can experience moments of forgetfulness. An occasional lapse in memory, like misplacing an item or forgetting a name, is common and shouldn't usually be cause for concern. Early signs can vary from person to person, but for many, symptoms are related to non-memory aspects of cognitive function

first. This can include word-finding, impaired reasoning or judgment, and vision or spatial issues. Additional signs of Alzheimer's include:

- Forgetfulness
- Often misplacing things
- Getting lost in familiar places
- Having trouble finding words to describe objects or express thoughts
- Difficulty concentrating and thinking
- Making poor or uncharacteristic choices
- Forgetting how to carry out basic tasks
- Personality changes

Alzheimer's progresses slowly in three general stages (mild, moderate, severe). With each stage, symptoms will typically become more noticeable.

What Causes Alzheimer's?

There is no known cause of Alzheimer's but experts that study the disease believe that many factors can contribute. While age is the biggest known risk factor, it is not a direct cause. Genetics, lifestyle, and environment can all be linked to a person's likelihood of developing Alzheimer's.

Is Prevention Possible?

Because there is currently no known cure, the best thing that can be done currently is focusing on prevention. Alzheimer's is not an inevitable part of aging—there are things that you can do to reduce your risk:

Watch Your Head: There's a connection between head injuries and risk of dementia. Be sure to always buckle your seatbelt when in a vehicle and wear a helmet when necessary.

Focus on Your Heart: There's a strong link between brain and heart health. Make sure your heart is working in tip-top shape and work with your doctor to ensure it stays that way.

Eat Healthy: Many diseases can be caused by a poor diet and some foods are known to specifically help brain function.

Stay Social: Social activity helps keep your brain active. Participating in groups or clubs can help keep your mind and body strong.

Exercise Your Mind: Make time to read, do puzzles, or play a memory game—anything to keep your brain active.

Source: UnitedHealthcare

SLEEP POSITIONS & YOUR HEALTH

THE EFFECTS OF HOW YOU CHOOSE TO SNOOZE

Whether you prefer catching your z's on your stomach, back, side, or in the fetal position, the way you curl into your bed may affect everything from breathing patterns, neck and/or back pain, as well as circulation. There are pros and cons for all of the go-to sleep positions. Do you know how your sleep is affecting your health?

Lying On Your Back typically results in the least amount of strain on your head, neck, and spine. But studies show links between back sleepers and snoring, so if you are prone, it may not be the best position for you. Sleep apnea can also be worsened by sleeping on your back, which allows your tongue to fall back and narrow your airway.

Side-Sleeping is the best choice for sleep apnea and those who snore. But pressure on one side of your body can cause shoulder pain as well as increased wrinkles because your face pushes up against your pillow. However, switching from side-to-side can combat this and relieve you from too much pressure on one side.

The **Fetal Position** can help improve circulation and is helpful for those who snore or people who are pregnant. If you are inclined to sleep in the fetal position, just be sure not to curl too tightly as you drift to sleep, as it may cause difficulty breathing or increase soreness for those that suffer from arthritis.

Sleeping On Your Stomach can be challenging because it can require more energy for breathing in comparison with other positions. Some people can also experience neck pain or tingling in their joints and muscles due to poor circulation. If you tend to sleep on your stomach, tucking a pillow under your pelvis can help reduce pressure on your spine.

It's not an easy task to change your default sleeping position, but knowing these pros and cons can help you find out if your sleep habits are helping or hindering other aspects of your health. Regardless of which position you find yourself in at night, the most important thing to remember is that adequate rest is important for your health and wellness. Quality sleep enables our bodies and minds to recharge.



Looking to improve your sleep?

Wellness Coaching, available through Rally, has many programs available to help you achieve your health and wellness goals, including Sleep Well, where you can work with a coach or guide yourself through the online program to help you to get a more restful night.

Source: UnitedHealthcare