



HealthAdvocate™

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newsletter

## Be prepared! Essential inventory for your first aid kit

Summertime often means more time outside at the park, beach, lake, pool, or even just your own backyard. While being outdoors is fun, it also brings potential risks for injuries, including cuts and scrapes, sunburn and bug bites, among others. However, being prepared with a proper first aid kit to treat these minor, yet common, issues can help you relax and better enjoy being outdoors. Whether you buy a first aid kit or decide to make your own, here are a few essentials items you should make sure are included.

[Find out more >>](#)



## Protect your skin while enjoying the outdoors

While it's great to soak up the sunshine and fresh air, it is also important to take steps to protect your skin while doing so. Certain insects and pests, plants like poison ivy and the sun's strong rays can all wreak havoc on your skin if you don't take precautions. Read on for tips to protect yourself from these common yet frustrating causes of skin woes.

[Learn how >>](#)



## It's time for a digital detox!

Do you feel like you're missing out on something when you're not online? Are your friends or family complaining about your time spent texting, emailing, gaming, or browsing Facebook or the web? Are you depressed, restless, moody or nervous when you're offline and okay again when you're online? If so, you may have a "digital addiction" which can affect your brain, as well as your mental, emotional and physical health.

[Read now >>](#)



### UV Safety Month

Read: In honor of National UV Safety Month, read some helpful tips to protect your eyes.

[Click here >>](#)



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