



CARES Connection

A Publication for CARES Members

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Identity Theft Support

Your EAP (Employee Assistance Program) now includes identity theft support. You can report an identity theft event and receive a free 60 minute consultation with a Fraud Resolution Specialist who will work with you through seven emergency response activities to help restore your identity and good credit. You can find out how to notify the proper authorities, agencies and creditors, receive forms or sample letters for reporting and itemizing each fraudulent occurrence, and find out how to take future preventative measures.....Just call your EAP at 1-888-731-1125.



Top 5 New Year's Resolutions

1. Get out of debt or save money
2. Lose weight
3. Develop a healthy habit (exercise or healthy eating)
4. Get organized
5. Develop a new skill or talent

Source: RIS Media.com

DID YOU KNOW?

Up to 12% of US deaths are due to lack of physical activity.

Only 27% of American adults get enough exercise.

Exercise can help you....

- Reduce the risk of heart disease
- Lower cholesterol
- Control weight
- Prevent bone loss as you age
- Improve energy, strength, endurance and flexibility
- Increase immunity to colds and flu

Source: CIGNA Behavioral Health

January is National Blood Donor Month

January has been recognized as National Blood Donor Month for almost 40 years.

Blood is traditionally in short supply during the winter months due to holiday travel schedules, inclement weather, and illness.

Even though blood donations are down, the need for blood isn't.

Every 2 seconds someone in the United States needs a blood transfusion.

Approximately 39,000 units of red blood are needed every day.

38% of the population is eligible to give blood, but less than 10% of the population does.

About 1 in 7 entering the hospital need blood.

One pint of blood can save up to 3 lives.

Consider Becoming A Blood Donor



CARES Connection is a publication of Collegiate Association Resource of the Southwest, Inc. Send your comments, recommendations, or questions to: connection@caresbenefits.org

Time Management 2008

Everyone has 24 hours in the day, but some people manage their time better. Here are a few tips to help you manage your time more effectively.

Purchase a day planner or a personal digital assistant. Use features like a calendar and address book to better organize upcoming events, work deadlines, and personal plans.

Don't try to do it all. Learn to say no.

Prioritize your tasks and finish the most important ones first.

Listen to your body clock. If at all possible, try to get your most important tasks done during the time of day you perform at your best.

Get enough sleep. When you get enough sleep, your mind will be sharper and your body more energized.

Be sure to reward yourself for managing your time well.

Source: CIGNA HealthCare

It's better to be prepared for an opportunity and not have one than to have an opportunity and not be prepared.

Whitney Young

Why be Organized??

You will feel more in control – unchecked clutter causes stress.

You will have more room– reorganization produces more space even if you eliminate nothing.

You will be able to find something when you want it– you won't spend time looking for keys, files, telephone numbers, or other items.

You will save money-you won't have to buy a second item because you couldn't find it, or didn't remember you even had one. You will avoid charges for missed appointments.

Source: www.get-organized.com

The information in CARES Connection is intended to complement the advice of your health care provider and not to replace it. Before making any changes in your medication, diet or exercise, consult with your health care professional.