

June 2024

THE KEHP COLUMN



! LivingWell Promise !

DEADLINE

KEHP members are eligible for a premium discount of up to \$480 a year (\$40 per month) for the 2025 plan year. Fulfill the LivingWell Promise by completing the Castlight Health Assessment by July 1, 2024.



[LivingWell Promise](#)

Men's Health Month

June is Men's Health Month. A healthy eating routine and regular physical activity may help control your blood pressure, cholesterol, blood sugar, and weight. Review the resource below to learn:

- Preventive care recommendations
- Small changes you can make today to impact your health



[Men's Health Month](#)

Healthier You Activity

Tuesday, June 25th, 2024
3:00- 3:30PM ET

Scan the QR code or [click here to register for Healthier You Activity series.](#)



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National Safety Month

June is National Safety Month. Explore the Injury Prevention handout to learn more about the following topics:

- Warming up and cooling down when exercising
- Food safety guidelines
- Sleep tips to reduce the chance of injuries caused by fatigue



[Injury Prevention](#)

National Hydration Day

June 23rd is National Hydration Day. For variety, squeeze some fresh lemon or lime juice into your water, toss in a couple of cucumber slices, or add a few fresh basil leaves. Need additional accountability? Sign up for the 7-day Drink H2O Healthy Habit on Castlight.

Explore the article below for delicious fruit and vegetable combinations to try.



[Infused Water Recipes](#)

Connect with a Castlight Care Guide

Connect with a trained expert who can help with everything from technical support and answering questions about your healthcare to helping you complete your Health Assessment over the phone. Conversations with Care Guides are private, secure, and provided at no cost.

Castlight Care Guides are available Monday - Friday from 8am-9pm ET. Chat in the Castlight app, call 1-800-681-6758, or email support@castlighthealth.com.

