



# PREMIER

WELLNESS E-NEWSLETTER

August 2014



## AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH:

Immunizations help prevent dangerous and sometimes deadly diseases such as the flu, measles and tuberculosis. Do you know how and when to get them?

- FOR PARENTS: do you have a child under 6? Go to the link below to find your Childhood Immunization Schedule: [http://www2a.cdc.gov/nip/kidstuff/newscheduler\\_le/](http://www2a.cdc.gov/nip/kidstuff/newscheduler_le/)
- FOR ADULTS AND TEENAGERS: please go to the following website to see which shots you need: <http://www2.cdc.gov/nip/adultImmSched/>
- IF YOU ARE PREGNANT: please go to the following website to see which shots you need: [http://www.cdc.gov/vaccines/pubs/downloads/f\\_preg\\_chart.pdf](http://www.cdc.gov/vaccines/pubs/downloads/f_preg_chart.pdf)

In **October** Premier is also planning its next annual **Flu Shot clinic**. Updates to come in September!



## PREMIER'S FITBIT FITNESS CHALLENGE:

Premier Eye Care is introducing its first ever Fitbit Fitness Challenge! The challenge is for full time, permanent team members that would like to participate, in a monthly and quarterly step and distance competition. Anyone who is interested in participating in our Fitbit Challenge please email [wellness@premiereyecare.net](mailto:wellness@premiereyecare.net) and let us know which challenge category you choose to participate in before the challenge begins on **September 1<sup>st</sup>**! Wellness will then email you an invite to our online Premier Eye Care Fitbit Group, a lunch and learn will be schedule for any participants with questions on how to register with website. Wellness is excited to motivate each other to get active!

### Challenge Categories:

**Beginner** - You are currently active 1 or less days a week.

**Moderate**- You are currently active 2-4 days a week.

**Advanced**- You are active 5-7 days a week.



## PREMIER UPCOMING WELLNESS HIGHLIGHTS:

### Premier Eye Care's Blood Drive: September 8<sup>th</sup>, 2014

Premier is going to host another blood drive on **September 8<sup>th</sup>, 2014** from 11:00 AM-4:00 PM. Those who donate that day will also be treated to a complimentary bagel breakfast that morning in the kitchen.

### Why do we Donate Blood?

- Did you know 4.5 million patients need blood transfusions each year in the U.S. and Canada?
- Someone needs blood every 2 seconds.
- Only 37 percent of the U.S. population is eligible to donate blood, but less than 10 percent do.

*Please join the Wellness Committee in our mission to save lives, you can make a difference!*

## ABOUT PREMIER EYE CARE

Introducing Premier Eye Care's Health and Wellness newsletter! Each month we will post one of these on our boards, to let you know about upcoming events in the area and our company concerning Health and Wellness.

Why is Health and Wellness so important to us? Wellness is more than just physical fitness and can affect multiple parts of your life: lower levels of stress, increased self-image, reduced healthcare costs, reduced absenteeism, increased morale and productivity, as well as improved physical fitness.



PREMIER EXPERTISE. PREMIER SERVICE.