



August 2019



30-DAY STEP CHALLENGE

Premier is hosting a Step Challenge in the month of August! For the first time, Premier is working with Challenge Runner, which is an online corporate employee fitness challenge platform that allows most trackers to connect to a step challenge. To enroll go to:

<https://www.ChallengeRunner.com/enroll/8765nq-1o1d>.

Anyone who reaches 175,000 steps or more during the month of August, will be eligible to receive a \$25 Amazon gift card. Anyone who reaches 300,000 steps or more will receive a gift in addition to the Amazon gift card. Please Note: The leadership board for Challenge Runner will not show steps until August 1st. In addition, we would like to get a report of your steps for the month of July from whatever tracking software you use. Email Wellness@premiereyecare.net if you need assistance or need to report any issues with the new service.

CHILDREN'S EYE HEALTH

Each month, the American Academy of Ophthalmology focuses its national public education and eye health awareness efforts on one or more topics.

As children spend more time tethered to screens, there is increasing concern about potential harm to their visual development. Ophthalmologists are seeing a marked increase in children with dry eye and eye strain from too much screen time. But does digital eyestrain cause lasting damage? Should your child use reading glasses or computer glasses? A good rule of thumb is to have your children's eyes examined during well-child visits, beginning around age three. Your child's eye doctor can help detect refractive errors such as nearsightedness, farsightedness and astigmatism, as well as other diseases.

Keeping your children's eyes safe is another part of maintaining healthy vision. Eye injuries are the leading cause of vision loss in children. There are about 42,000 sports-related eye injuries every year in America, and children suffer most of these injuries.

Help your children have a successful school year by scheduling a comprehensive eye exam and taking safety measures to ensure their eyes are free from injury!

FRIENDSHIP DAY – AUGUST 4TH

Friendship day was originally founded by Hallmark in 1919. It was intended to be a day for people to celebrate their friendship by sending each other cards, but by 1940 the market had dried up, and eventually, it died out completely. However, in 1998 Winnie the Pooh was named the world's Ambassador of Friendship at the United Nations (believe it or not!), and in April 2011 the United Nations officially recognized 30th July as International Friendship Day; although most countries celebrate on the first Sunday of August!

According to the Friendship Day declaration, we are invited to *“observe this day in an appropriate manner, in accordance with the culture and other appropriate circumstances or customs of their local, national and regional communities, including through education and public awareness-raising activities”*.

Children's Eye Health & Safety



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.



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