

Read Me First – July Wellbeing Tip – For Employers

Here are some ways you can support your workforce during July:

- ✓ Share the **flyers** in the resource folder with employees
- ✓ Encourage employees to **register for the upcoming [Safe Fun Under the Sun: Summer Safety 101 Webinar](#)** (promotional flyer included in resources folder)
 - Looking to access a previous Excel Your Well webinar? They are available on-demand on our Excellus BCBS YouTube Page: [Wellbeing Webinar Series - YouTube](#)
- ✓ Run the **Every Sip Counts Challenge** (located in employer resources folder) and encourage employees to participate
- ✓ Use the **“Top 5 Tips”** slide for employee communications (i.e., TV monitors, computer lock screen, intranet, etc.)

Here are some additional resources:

- ✓ National Center for Healthy Housing, [Extreme Heat | NCHH](#)
- ✓ Centers for Disease Control and Prevention, [Heat-related Illnesses | Heat | CDC](#)
- ✓ New York State Department of Health, health.ny.gov/environmental/weather/cooling/
- ✓ Cleveland Clinic, [Heat Exhaustion: Symptoms & Treatment](#)
- ✓ Environmental Protection Agency, [Sun Safety Tips | US EPA](#)
- ✓ Food and Drug Administration, [Tips to Stay Safe in the Sun: From Sunscreen to Sunglasses | FDA](#)



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