

HELLO SUMMER

EVERYDAY WELLBEING



June/ July/ August Are The Months for: National Migraine and Headache Awareness Month PTSD Awareness Month Juvenile Arthritis Month National Park and Recreation Month National Breastfeeding Month Medic Alert Awareness Month

HEADACHES AND MIGRAINES: A FEW QUICK FACTS

HEADACHES MIGRAINES

THERE ARE TYPES OF >150 HEADACHES



Women suffer more headaches than men

Headaches account for 5.2 million ER visits each year



\$31 BILLION is a conservative estimate of the annual economic cost of headache disorders in the U.S.



3X Migraines impact 3X the number of women than men

Boys and girls suffer migraines equally

12% of the population have migraines = 37 million Americans

TRUE OR FALSE: PAIN IS PAIN

FALSE - While they can seem very similar, migraines (and migraine pain) are distinguishable from other headache types. Differences are as follows:

CERVICOGENIC HEADACHE

CAUSE: Injury to cervical spine and compression of occipital nerves resulting from cervical osteoarthritis a damaged disc or some form of whiplash (such as a car accident)

PAIN DESCRIPTION: Can mimic migraine headache symptoms. Characterized by head pain referred by problem from the neck

MIGRAINE

CAUSE: Unknown  
PAIN DESCRIPTION: Moderate to severe pain Throbbing/pulsing pain. Pain on one side of the head  
OTHER SYMPTOMS: - Nausea Sensitivity to light and sound Vomiting, Aura (sensing flickering lights, spots or lines) Double or blurred vision

OCCIPITAL NEURALGIA

CAUSE: Injury or irritation of the occipital nerves (peripheral nerves that run up the back of the head, providing sensation to this area) resulting from an accident/trauma or a pinched nerve (which can be due to conditions such as arthritis in the neck)  
PAIN DESCRIPTION: Pain that starts at the base of the skull and goes to the scalp  
• Pain in both sides of the head  
Pain behind the eye  
OTHER SYMPTOMS: •Pain when moving the neck Sensitivity to light and sound

POST-TRAUMATIC HEADACHE (PTH)

CAUSE: Mild, moderate or severe trauma/injury  
PAIN DESCRIPTION: Resembles migraine or tension-type headaches  
MISC.: Common among the millions of annual traumatic brain injury (TBI) sufferers in the U.S. Condition longer than three months referred to as persistent PTH

TREATMENT OPTIONS

Advances are continually being made in headache disorder treatment with new treatments available for severe cases. These include:

BOTOX

- FDA-approved treatment for chronic migraines. Used also for persistent PTH and cervicogenic headache
- Works by blocking receptors that control muscle contraction, thus paralyzing the muscles
- Theorized to relieve nerve irritation or compression caused by muscle contractions in areas of certain migraine "triggers"
- Injections to head and neck approximately every 3 months
- Studies have shown duration reduction of 7 to 9 days for monthly migraines

NERVE DECOMPRESSION SURGERY

- Minimally invasive surgical decompression of the peripheral sensory nerves in the area of the skull. May result in reduction or elimination of headache or tenderness. Considered when all other modalities have failed or aren't effective enough
- Surgery potentially addresses all of the aforementioned headache types
- Important to note: Positive results with Botox treatments indicate potentially good candidates for surgery

JUNE IS NATIONAL MIGRAINE & HEADACHE AWARENESS MONTH!



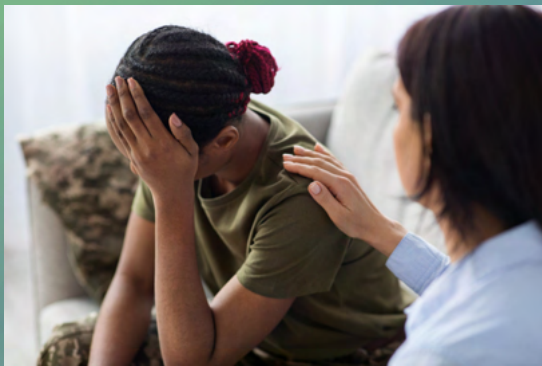
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National PTSD Awareness Month

Not all wounds are visible



LEARN MORE

<https://www.ptsd.va.gov/index.asp>

SYMPTOMS CAN INCLUDE:

- ON ALERT FOR DANGER
- HYPER-AROUSAL
- SUICIDAL THOUGHTS
- FLASHBACKS
- FEELING GUILTY
- FEELING ANXIOUS
- PANIC ATTACKS
- FEAR
- FEELING ESTRANGED OR ISOLATED
- SHAME
- NOT ABLE TO COMPLETE DAILY TASKS
- LOSING INTEREST
- DEPRESSION
- TROUBLE CONCENTRATING OR SLEEPING

How Prevalent is PTSD?



8.6 MILLION ADULTS

have PTSD in a given year in the United States.<sup>13</sup>



ABOUT 50% OF WOMEN AND 60% MEN



experience at least one trauma in their lives.<sup>10</sup>



7-8 OUT OF EVERY 100 AMERICANS

will experience PTSD at some point during their lives.<sup>13</sup>



WOMEN ARE TWICE AS LIKELY to develop PTSD as men.<sup>13</sup>

What Conditions Co-Occur with PTSD?



78% OF THOSE WITH A DIAGNOSIS

experienced depression at some point in their lifetime.<sup>23</sup>

PEOPLE WHO SUFFER FROM PTSD

may be more likely to attempt suicide.<sup>21</sup>



INDIVIDUALS WITH PTSD ARE 2X - 4X MORE LIKELY

to have a substance use disorder.<sup>12</sup>



70-91% of PTSD patients have difficulty falling or staying asleep.<sup>16</sup>

How Does PTSD Affect Veterans?

NEARLY 300,000 VETERANS

who have returned from Iraq and Afghanistan are currently suffering from PTSD.<sup>25</sup>

300,000



2/3 OF VETERANS WITH PTSD

within an Iraq & Afghanistan veteran population also had major depression.<sup>25</sup>



20 VETERANS COMMIT SUICIDE each day in the United States.<sup>25</sup>



1/3 OF VETERANS with a probable Traumatic Brain Injury also met criteria for probable PTSD.<sup>29</sup>

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**THE 7 SUBTYPES OF JUVENILE IDIOPATHIC ARTHRITIS**

- 1** **Oligoarticular juvenile idiopathic arthritis:**

  - the most common type, affecting 1/2 of all children with JIA
  - affects 4 or fewer joints making it the mildest type
- 2** **Polyarticular juvenile idiopathic arthritis-rheumatoid factor negative**

  - the second most common type
  - affects 5 or more joints and includes a negative test for rheumatoid factor
- 3** **Polyarticular juvenile idiopathic arthritis-rheumatoid factor positive**

  - involves 5 or more joints
  - a positive test for rheumatoid factor
- 4** **Enthesitis-related juvenile idiopathic arthritis**

  - both arthritis and enthesitis (inflammation where a tendon or ligament attaches to a bone) are present
- 5** **Psoriatic juvenile idiopathic arthritis**

  - occurs when children have psoriasis in addition to joint inflammation
- 6** **Systemic juvenile idiopathic arthritis**

  - affects the whole body, and typically begins with fever & rash
  - if severe, the areas in and around organs can become inflamed
- 7** **Undifferentiated arthritis**

  - occurs when children have symptoms that do not match any other subtype or have symptoms that fit into multiple subtypes

**Did You Know?**

**Juvenile Arthritis Month**

According to a CDC report, approximately 220,000 children and adolescents have been diagnosed with juvenile idiopathic arthritis (JIA) in the US.

JIA is an umbrella term that encompasses the many different subtypes of juvenile idiopathic arthritis that differ in presentation and impacts.

The exact cause of JIA is still unknown, but it is believed to be an autoimmune disease where the immune system attacks healthy joints.

Swimming can be a beneficial exercise for children with arthritis. The buoyancy of the water reduces stress on weight-bearing joints, and water resistance can strengthen muscles.

Every child is impacted by JIA differently, and symptoms can vary from day to day in an individual.

**MORE IN**

<https://www.arthritis.org/about-arthritis/juvenile-arthritis-awareness-month>

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July is  
National  
Park and  
Recreation  
Month

LEARN MORE



<https://www.nrpa.org/events/july/>



SEARCH

<https://findyourpark.com/park-finder/>

## Enjoy the Health Benefits of the National Parks



The National Park Service has 400+ sites that provide year-round opportunities for people to better their health



Parks can inspire adventure and exploration that invigorate mind, body and spirit



Group nature walks are linked with significantly lower depression and stress<sup>1</sup>

Being outdoors and exercising in nature:

Improves focus<sup>2</sup>

20%

Improves creativity<sup>3</sup>

50%

Makes you feel twice as good as exercising indoors<sup>3</sup>  
It also lowers levels of depression and stress<sup>6</sup>



BOOSTS ENERGY<sup>2</sup>



STRENGTHENS IMMUNITY<sup>1</sup>



DECREASES TENSION<sup>4</sup>



DECREASES ANGER<sup>5</sup>

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— AUGUST IS NATIONAL BREASTFEEDING AWARENESS MONTH

HEALTH BENEFITS OF BREAST-FEEDING

BENEFITS FOR CHILDREN

- In children aged six to 23 months, any breast-feeding was associated with a 50% reduction in deaths related to Sudden Infant Death Syndrome (SIDS)
- Reduces episodes of diarrhea and respiratory infections, decreasing hospital admissions by 72% and 57%, respectively
- A study found that breast-feeding had better outcomes than bottle-feeding in factors like BMI, hyperactivity, scholastic competence and obesity



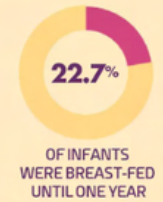
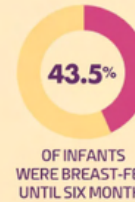
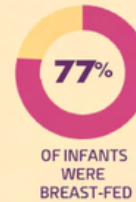
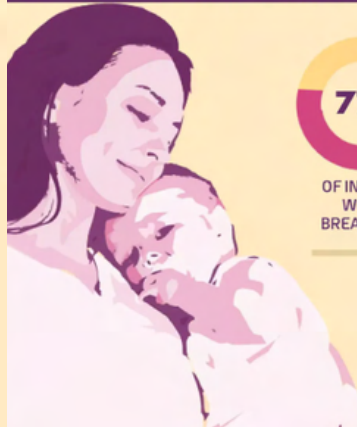
BENEFITS FOR MOTHERS

- Each year a mother breast-feeds, her risk of developing invasive breast cancer is reduced by 6%
- Implementation of best breast-feeding practice has the potential to decrease a significant portion of the 20,000 deaths resulting from breast cancer each year
- It reduces risks of breast and ovarian cancer, Type 2 diabetes and postpartum depression
- Exclusive breast-feeding is associated with a natural method of birth control

A GUIDE TO THE HEALTH BENEFITS OF BREAST-FEEDING

The health benefits of breast-feeding for a child and mother are immense. Despite this fact, discrimination and shaming still plague women across America when it comes to breast-feeding, especially in the workplace and in public.

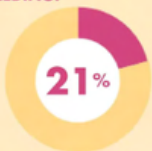
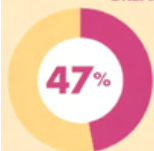
BREAST-FEEDING IN AMERICA



THE WORLD HEALTH ORGANIZATION (WHO) RECOMMENDS THAT **MOTHERS EXCLUSIVELY BREAST-FEED THEIR BABIES FOR AT LEAST SIX MONTHS**

ONLY 29% OF WOMEN WHO HAVE INITIATED BREAST-FEEDING CONTINUE BEYOND 6 MONTHS

OF THE WOMEN WHO INITIATED BREAST-FEEDING:



two months after giving birth

ONLY 39% OF CHILDREN LESS THAN SIX MONTHS OF AGE IN DEVELOPING COUNTRIES ARE EXCLUSIVELY BREAST-FED



(such as Dominican Republic, Chad and Serbia)

ECONOMIC AND ENVIRONMENTAL IMPACT

▶ A 10% increase in exclusive breast-feeding up to six months or continued breast-feeding up to one or two years would translate into at least \$312 million in health care savings in the U.S.

▶ Researchers estimated at least \$14.2 billion per year in pediatric and \$18.3 billion in material health care costs could be attributed to poor breast-feeding rates

▶ Breast milk is a "natural, renewable food" that is environmentally sound and produced and delivered to the consumer without pollution, unnecessary packaging or waste

▶ In contrast, in the U.S. alone, 550 million cans, 86,000 tons of metal and 364,000 tons of paper used to package breast milk substitutes end up in landfills annually

MORE INFO >>

<https://nichq.org/campaigns/national-breastfeeding-awareness-month/>



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— AUGUST IS —  
**MEDIC ALERT**  
AWARENESS MONTH

## Celebrating MedicAlert Awareness Month

August is **National MedicAlert Awareness Month**. Founded in 1956, MedicAlert Foundation developed the first universal medical identification system. It all started with the simple idea that **sharing critical medical information in an emergency** could save and protect lives.

That idea has since grown into a multinational non-profit organization, helping save over **4 million lives**.

### How does MedicAlert save lives?

- + Communicates your vital health details in an emergency - even if you can't speak for yourself
- + Provides 24/7 support to answer a first responder's questions about your needs during treatment
- + Stores your comprehensive health history in one accessible place for first responders

### History of MedicAlert Awareness Month

A national movement to promote MedicAlert Awareness began in 1978. **President Jimmy Carter** honored MedicAlert Foundation for our contributions to public health by declaring the first National MedicAlert Week.

In 1996, in recognition of the Foundation's 40th anniversary, California Governor Pete Wilson - along with Governors from 24 other states - proclaimed August as **National MedicAlert Awareness Month**.

This honor acknowledges MedicAlert Foundation's innovation and dedication to protecting and saving lives, MedicAlert's service providing help for people with unseen or special medical needs, and the importance of medical identification in improving public health.

**MORE  
INFO**

<https://www.medicalert.org/>



CALL 1-800-432-5378 USA  
DIABETES  
HEART DISEASE  
BLOOD THINNERS  
ALLERGIC TO PCN  
ALZHEIMERS  
MEDICALERT ID#

**SPOTLIGHT ON  
MEN'S HEALTH**

**Weill Cornell Medicine**

**Men's Health  
Through the Ages**



Men: Do you want good health at every stage of life?  
Try some of these tips to help make it happen.

**20s & 30s**

Annual **flu shot** and **tetanus diphtheria booster** every ten years\*

**Blood pressure** check every two years\*

**Cholesterol screening** at age 35, earlier with heart disease risk factors\*

**Diabetes screening** if you have high BMI, a family history of diabetes, high blood pressure or other risk factors\*

**Height, weight and BMI** checked every year\*

**Hepatitis C screening**, at least once after age 18

**Skin cancer exams** annually\*

**Teeth cleaned and examined** once or twice a year\*

**Vision screening** at least every two years—more often if you have diabetes\*

**Note: All of these should be continued throughout life.**



**40s & 50s**

**Diabetes screening** when older than 44 and then repeated every three years\*

**Colorectal cancer screening** at age 45—earlier if you are at high risk\*

**Shingles vaccine** beginning at age 50\*

**Prostate cancer screening** typically beginning at age 50 if deemed appropriate by a healthcare provider\*\*

**Lung cancer screening** at age 50 for current or former smokers who smoked the equivalent of one pack a day for 20 years\*



**60s & Beyond**

**Bone density testing** for men who are age 70 and older, have had a broken bone after 50, or are 50–69 and have osteoporosis risk factors (a family history of osteoporosis or fracture, frequent falls, vitamin D deficiency, smoking history, excessive alcohol intake, malabsorption and use of certain medications, such as prednisone)+

**One-time abdominal aortic aneurysm screening** in ages 65 to 75 for current or former smokers\*

**Pneumonia vaccine** beginning at age 65\*





**NEW PROGRAM STARTING 7/1/2026**

# SUMMER WELLNESS



**KNOW MORE.  
CHOOSE BETTER.  
LIVE WELL!**

## Your New Benefit with Utopia WellCare

Utopia WellCare is your **new free**, virtual nutrition preventive benefit for all employees and dependents on the NBOE health plan!

### Know More

Learn how nutrition impacts your energy, digestion, weight, heart health, and overall wellness.

### Choose Better

Work one-on-one with our Registered Dietitians to create a personalized plan that fits your lifestyle and goals.

### Live Well

Feel your best today while building nutrition practices and habits that support lifelong health.

## Food as Medicine

We believe **food is medicine**. Our Registered Dietitians use a Functional Nutrition approach to help you improve your health through **personalized nutrition strategies** that address the **root causes** of symptoms and support **lasting wellness**.

- General Nutrition Support
- Weight Loss (up to 35 lbs lost on average)
- Bloating & Digestive Health and more!



### Try Utopia WellCare Today!

Discover the power of food as medicine with **free appointments** and guidance from our expert Registered Dietitians. **Scan the QR code to book your first free appointment!**



## **DON'T FORGET YOUR SMILE**



### **Dental Benefits:**

**Don't forget to complete your annual dental cleaning!**

**Information about the plans are posted below**



**<https://nboehrs.com/dental/>**



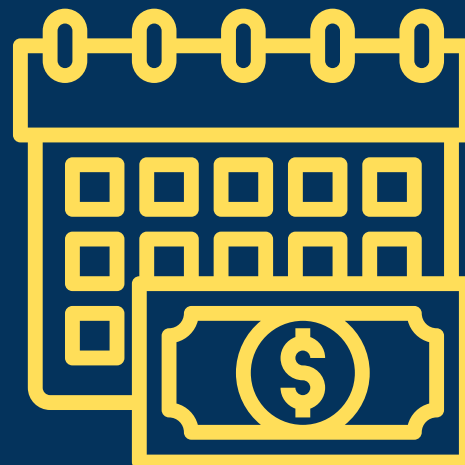
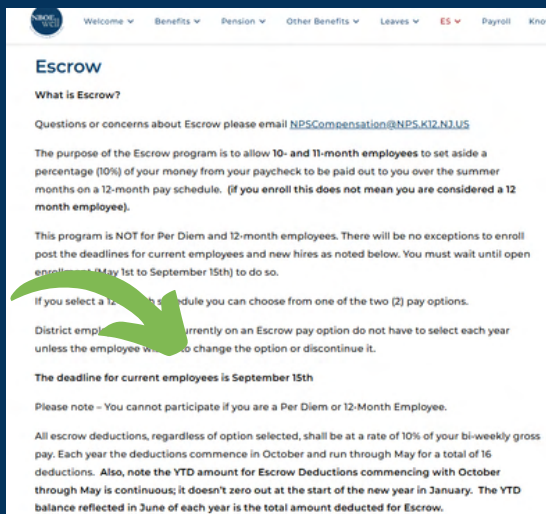
# Important

## Escrow OE & Payroll



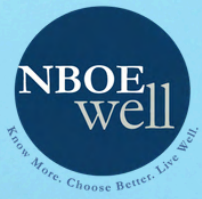
**Escrow Open Enrollment is open until September 15th. For more details please visit :**

**<https://nboehrs.com/employee-services/#escrow>**



**2026-2027 Payroll calendar has been released. For more details please visit:**

**<https://nboehrs.com/payroll/>**



# LOOKING AHEAD

Here's a sneak  
peak at what's to  
come in the next  
issue:

- **Everyday Wellbeing: September, October, and November**
- **New Programs**
- **Voluntary Benefits**
- **Important Announcements**