



Your Health It's CENTRAL



A monthly newsletter brought to you by the CMU Health Care Committee

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Stories in this newsletter



Caring Support When You
Need it Most



Sleep Awareness Week
March 3-9, 2019



March is National Nutrition Month
www.eatright.org



Caring Support When You Need it Most

The Hartford, CMU's life insurance and disability carrier, coverage includes valuable services to help you make informed decisions during some of the most difficult times of your life.

During life's most trying times, understanding your options and choosing the best direction can be very difficult. End-of-life decisions, financial matters, insurance needs, and planning for the loss of a loved one may be easier with the help of experienced and compassionate professionals.

EstateGuidance Will Preparation Services – You can create a customized and legally binding online will using a simple but comprehensive online questionnaire. EstateGuidance also provides an online education center and support from a licensed attorney. Additional services include creating living wills and trusts along with guidance about divorce proceedings and durable power of attorney. Visit www.estateguidance.com (use this promotional code: WILLHLF).

Beneficiary Assist® Counseling Services (Help for those coping with a loss) – Expert support to help you or your loved ones cope with the emotional, financial, and legal issues that arise after a loss. This also includes 24/7-unlimited phone contact with professionals, as well as five face-to-face sessions that help with topics such as grief and loss, job pressures, stress, anxiety, depression, and relationship/marital conflicts. Call 800-411-7239.

Travel Assistance & ID Theft Protection Services – Provides pre-trip information that helps you feel safe and secure while traveling. This includes information about whether a visa or passport is required, immunization or inoculation requirements, foreign exchange rates, and embassy referrals. It also provides access to medical professionals across the globe when traveling 100+ miles away from home for 90 days or fewer.

In addition, ID theft protection is available 24/7 whether home or away. ID theft protection offers educational materials on how to prevent identity theft and access to caseworkers who can help victims resolve problems that result from it. Call 800-243-6108 or collect from other locations 202-331-1528 (use identification code GLD-09012).



Sleep Awareness Week — March 3-9, 2019

Did you know that our bodies all require long periods of sleep in order to restore and rejuvenate, to grow muscle, repair tissue, and synthesize hormones? Sleep also allows all of the bits of information taken in during the day to be processed, consolidated and stored as memories. Both quantity (7-9 hours for adults) and quality (uninterrupted deep sleep) are critical to a good night's sleep and to waking feeling energized and refreshed.

How we live during the day time influences night time sleep, and our night time sleep influences our day time. Not getting enough sleep or poor quality sleep can impact your heart health, brain health, memory, mood, and energy to be at your best every day. The link below provides tips for improving your sleep and ultimately your health and wellbeing.

[Tips for Improving Sleep Hygiene from the National Sleep Foundation](#)

NATIONAL NUTRITION MONTH®

www.eatright.org

MARCH 2019

[#NationalNutritionMonth](#)

The [CMU Health Care Committee](#) meets monthly and collaborates with the university by providing suggestions, input and feedback about various initiatives pertaining to benefits and wellness. It is not a decision-making body; instead, members act as liaisons for their respective employee groups.