

**July 2026**  
*Human Resources*

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**July Health tip: Summertime Health**

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# Health tip: Summertime health

Summertime health is an important part of staying well during the summer season, as this time of year poses different health risks than other months. Specifically, summertime safety includes water, food, and sun, all of which impact our bodies. Follow these guidelines to maximize your fun in the sun.



## Fluid intake

Fluid intake is dependent upon several factors including the climate you live in, your gender, and physical activity level. It is recommended that women and men consume the following amounts of fluid per day on average:<sup>1</sup>

- Women: 11.5 cups of fluid or 92 ounces daily
- Men: 15.5 cups of fluid or 124 ounces daily

Although fluid intake may come from several sources, it is best to meet fluid intake recommendations by drinking mostly water.

## Dehydration

Dehydration is a condition that occurs when you do not have enough water in your body to carry out normal functions.<sup>2</sup> The 5 signs of dehydration are:<sup>3</sup>

- Less frequent urination
- Fatigue
- Headache
- Dry mouth
- Constipation



## Healthier eating

Healthier foods, such as fresh produce, are available during the summer months, making it easier to enjoy a variety of foods and colors from nutritious food sources. Healthier foods may help you live longer, boost immunity, fight diseases and maintain a normal weight.<sup>4</sup> Healthier eating tips include:<sup>5</sup>

- Increase fiber consumption
- Reduce sodium and added sugar intake
- Burn as many calories as you consume

## Cooking safety

Understanding how to grill safely is essential to your summertime health. Follow these 7 steps<sup>6</sup> for a safe and enjoyable grilling season:

- **Separate:** Separate meat, poultry, and seafood from other food in your shopping cart and grocery bags
- **Chill:** Keep refrigerated until ready to grill
- **Thaw and marinate:** Always thaw and marinate food in the refrigerator to avoid bacteria growth
- **Clean:** Wash hands and work surface
- **Check:** After cleaning, check grill and tools prior to cooking
- **Avoid cross-contamination:** Throw away anything that may have touched raw meat
- **Cook:** Use a food thermometer to track the temperature of cooked meat
- **Refrigerate:** Refrigerate fresh food within 2 hours of cooking



## Sun exposure

Though you may enjoy spending time in the sun, being exposed to too much sun can be harmful to our bodies. Luckily, the use of eye protection and sunscreen may aid in protecting you from dangerous levels of UV rays while outside in the summer.

Do not forget to protect your eyes. You may do so by wearing UV-blocking sunglasses, wearing a hat with sunglasses, and never looking directly at the sun. You may also choose to stay inside when the sun is at its strongest—midday to early afternoon, at higher altitudes, and when reflected off water.<sup>7</sup>



Additionally, it is recommended to use sunscreen not only to protect from sunburn, but also to prevent skin cancer. When it comes to sunscreen, remember the 5 W's to prevent sun damage:<sup>8</sup>

- **Who:** Everyone exposed to the sun
- **What:** Broad spectrum SPF 15 or higher
- **When:** Every day
- **Where:** All exposed skin
- **How:** One ounce to entire body
- **Why:** Reduce your risk

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## July Dental & Oral Health

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When you hear about dental and oral health, you might just think of good-looking teeth. But the truth is, your total mouth health can offer clues about your overall health too. Many diseases can cause symptoms in your mouth. That means your dentist can spot certain health conditions before they become serious, like osteoporosis, diabetes, eating disorders and stress.

The good news? Most dental plans include coverage for regular preventive dental visits that may help catch these types of issues early. Let's learn how good oral care can give you more than a sparkling smile

### What are common oral health problems?

Understanding common oral health problems, including problems with teeth, may help you identify symptoms early. Learn about **common dental problems** including:

- Toothache
- Gum disease
- Tooth decay
- Cavities
- Tooth abscess
- Damaged or infected teeth
- Dental irregularities
- Wisdom teeth

### What are the possible warning signs of oral health problems?

Catching an oral condition fast can help you fight it off before it becomes serious. Certain things can be fairly harmless — like jaw pain caused by grinding your teeth. But it's always best to be aware of what your mouth is telling you. Possible warning signs include:<sup>3</sup>

- Gum, tooth or jaw pain that doesn't go away
- Trouble chewing or swallowing
- Loose or lost teeth
- Sores, irregular patches or lumps in your mouth

Learn more [HERE](#) about oral health disease prevention, dental coverage, and even find a dentist!



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## Hurricane Season Reminders

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Hurricane season is here, and when a major storm strikes, physical safety is always the first priority—but protecting your home and financial well-being requires planning long before the clouds roll in. Navigating insurance policies and property damage after a hurricane can be overwhelming. To help you protect your biggest investments, this month's newsletter includes **essential insurance and recovery resources** attached directly below.

These expert-guided documents are designed to demystify the claims process and help you maximize your coverage if your property is affected. Please review, download, and save these materials so you are ready to act quickly if a storm impacts our area:

- **[Claims Checklist](#)**: Track every step needed to successfully file a property claim.
- **[Hurricane Claims & Recovery Guidelines](#)**: Navigate the official legal and financial recovery process.
- **[Flood Preparation Guide](#)**: Understand your flood policy limits and mitigate water risks.
- **[Hurricane Impacts & The Aftermath](#)**: Prepare for what to expect during post-storm damage assessments.
- **[Catastrophe Planning Guide](#)**: Establish a proactive blueprint to protect your assets before a disaster strikes.

Understanding your coverage today saves invaluable time, stress, and money tomorrow. We highly encourage you to review these documents, check your current policy deductibles, and keep digital copies stored securely in the cloud.



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## 12-Month Pay Program - Sign Up NOW for 26/27

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Start planning now for the 2026/2027 school year's holiday and summer breaks by enrolling in the 12-month pay program. If you are already enrolled, there is no need to sign up again -- your program will automatically roll over to next school year.

By signing up, 25% of each paycheck will be set aside and disbursed as follows:

School Closure	# of Paid Days	Paid On
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<b>Thanksgiving Break</b>	3 Days	12/08/2026
<b>Winter Break</b>	10 Days	01/05/2027
<b>Spring Break</b>	5 Days	03/30/2027
<b>Summer Break</b>	Remainder of 12-month balance paid equally over 5 pay periods.	06/22/2027 07/06/2027 07/20/2027 08/03/2027 08/17/2027

If you are not currently enrolled but would like to be or if you have any questions about the program, please send an email to Dusty Usher at [onboarding@commrehab.org](mailto:onboarding@commrehab.org).

## 25/26 Remaining 12-Month Payment Dates

School Closure	# of Days Paid	Paid On
<b>Summer Break</b>	Remainder of 12-month balance paid equally over 5 pay periods.	07/07/2026 07/21/2026 08/04/2026 08/18/2026

## United Healthcare Rewards

**Activate and earn \$1,000:** Sign in to [myuhc.com](https://myuhc.com) today to activate UHC Rewards and start getting paid for the healthy activities you're already doing!





# Get in on UHC Rewards



Good news—your health plan comes with a way to earn up to \$1,000. UnitedHealthcare Rewards is included in your health plan at no additional cost.



## There's so much good to get

With UHC Rewards, a variety of actions—including things you may already be doing, like tracking your steps or sleep—lead to rewards. The activities you go for are up to you, and the same goes for ways to spend your earnings.

Here are just a few of the ways you can earn:

Connect a tracker	\$65
Take a health survey	\$25
Get an annual checkup	\$50
Get a biometric screening	\$75

Visit UHC Rewards for the full list of rewardable activities that are available to you—and look for new ways of earning rewards to be added throughout the year.

Earn up to  
**\$1,000**

continued

United  
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## There are 2 ways to get started



### On the UnitedHealthcare® app

- Scan this code to download the app
- Sign in or register
- Select **UHC Rewards**
- Activate UHC Rewards and start earning
- Though not required, connect a tracker and get access to even more reward activities

### On myuhc.com\*

- Sign in or register
- Select **UHC Rewards**
- Activate UHC Rewards
- Choose reward activities that inspire you—and start earning



#### Your health

Get in on an experience that's designed to help inspire healthier habits

#### Your goals

Personalize how you earn by choosing the activities that are right for you

#### Your rewards

Earn up to \$1,000 for completing rewardable activities



## UnitedHealthcare Rewards

Premium Payout structure



1. **UHC Rewards makes it easy to get more from your health plan.** To start earning, download the UHC app or log in to [myuhc.com](https://myuhc.com) & select "UHC Rewards" to "Activate" your account. You can earn up to \$1,000 for completing rewardable activities you may already be doing!
2. **Earn up to \$1,000 for your healthy habits.** Just log in to [myuhc.com](https://myuhc.com) or the UHC app and click "Activate" to start winning!

	Action	Description	Dollars earned
One-time activities	Complete health survey	Learn how your health journey is going and offers to help improve your well-being	\$25
	Get a biometric screening	Complete annual bloodwork and measurements	\$75
	Go paperless	Switch to paperless communications	\$5
	Flu shot	Get an annual flu shot	\$30
	Annual checkup*	Complete an annual checkup to support health and prevent illness	\$50
	24/7 Virtual Visit*	Talk to a provider by video for common urgent care needs	\$30
	Get a cervical screening*	Regular screening tests may help find changes in the cervix that may be treated before they become cancer	\$75
	Get a breast screening*	A mammogram may usually find breast changes that could be cancer years before symptoms develop	\$75
	Get a cost estimate	A cost estimate explains the expected cost for an upcoming visit or service	\$40
	Tracker-based	Connect a tracker	Automatically track activities
Daily activity - goal 1		Track 15 active minutes or 5k steps per day	\$0.75
Daily activity - goal 2		Track 30 active minutes or 10k steps per day	\$1.25
Fitness challenge - weekly goal		Complete the daily activity goals 5 out of 7 days (Sunday to Saturday)	\$5
Sleep tracking		Track sleep for 14 days	\$10
Sleep challenge - weekly goal		Track 7 hours of sleep for 5 out of 7 nights (Sunday to Saturday)	\$5
<b>Maximum annual incentive</b>			<b>\$1,000</b>

**Questions?**

Call customer service at 1-866-230-2505

United  
Healthcare

## Earn up to \$500 Employee Referral Bonus



The busy summer months are here which is the perfect time to refer a friend with our bonus program!

CRA Therapy strives to provide our therapists with quality service and career opportunities. We always appreciate it when our employees refer others to us and have developed this program to say thank you.

Please reach out to your Recruiter or Account Manager for more information about the program!

## Go Paperless in ADP

Did you know, you can get your tax forms faster, so you can file your taxes and get any potential refunds quicker by signing up to 'Go Paperless' in ADP?

Log into ADP and go to:

- Myself
- Pay & Tax Statements

If you're not enrolled, a popup will come up that you can toggle on 'receive paperless statements'.

If this doesn't come up, scroll to the bottom of the page and you will see "Go Paperless" in the bottom left corner of the screen.

Thanks for helping us to save some trees, and helping you to get your forms quicker too!



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## Important *July* Dates

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July 4	Independence Day
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## HR is Here to Help

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For Questions About:	Contact:
12-Month Pay Plan	Dusty, <a href="mailto:onboarding@commrehab.org">onboarding@commrehab.org</a>
401k Information	Amber, <a href="mailto:humanresources@commrehab.org">humanresources@commrehab.org</a>
<a href="#">Absence Request Form</a>	Catherine, <a href="mailto:timesheets@commrehab.org">timesheets@commrehab.org</a>
Who do I notify if I need time off?	Your Account Executive (Danielle or Molly)
Change of Address	Update in ADP - <a href="http://www.workforcenow.apd.com">www.workforcenow.apd.com</a>
Direct Deposit - update info	Update in ADP - <a href="http://www.workforcenow.apd.com">www.workforcenow.apd.com</a>
Benefits (other than H.S.A.)	Amber, <a href="mailto:humanresources@commrehab.org">humanresources@commrehab.org</a>
Health Savings Account (H.S.A.)	Health Equity Customer Service (877) 223-5329

Employment Verification	Dusty, onboarding@commrehab.org
Name Change	Dusty, onboarding@commrehab.org
Referral Bonus Payment (if applicable)	Dusty, onboarding@commrehab.org
SpringAhead Timesheets	Catherine, timesheets@commrehab.org
W4 - Make a Change W2 - Request a Copy	ADP - www.workforcenow.apd.com



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