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Alliant's Health e-Newsletter is published monthly for our clients and their employees.

Your comments, story ideas, and suggestions are welcome. Please email them to:
news@alliantservices.com



www.alliantservices.com

Keep your company informed with important health information

This e-newsletter is designed to benefit you and your employees, so please feel free to forward it to family, friends and co-workers!

As always, we hope you enjoy this edition and would like to hear from you with any questions, concerns, or suggestions. Send us an email at news@alliantservices.com.

Bon Voyage! Tips for Healthy Travel

Whether you plan to travel to the tropics or hit the slopes at a snowy resort, don't forget to plan for your health! While every destination is different, these tips can help you plan for a safe and healthy trip.

Learn about your destination

Visit the CDC travel health website at www.cdc.gov/travel to learn of any health risks or travel warnings in effect in the country you're planning to visit. It is also important to understand the laws and culture of the places you will be visiting. You can learn about countries by using many different resources such as websites, guidebooks, and other media.

Think about your health status

No one wants to miss or postpone a trip, but there are times when staying home might be best for health reasons. Have you had any recent illnesses, injuries, or surgeries? Do you have any special health needs, due to disability, pregnancy or a compromised immune system? Take these questions into consideration before you leave home.

See your doctor

The best time to see your doctor is 4-6 weeks before traveling. If it is less than 4 weeks before you leave, you should still see your doctor. You might still benefit from shots or medications and information about how to protect yourself from illness and injury while traveling.

Pack Smart

If you're traveling abroad, it is important to bring copies of your passport and travel documents. Place a copy of your passport and travel documents in each piece of luggage, in case you lose the original documents. Don't forget to leave a copy with a friend or relative at home.

A travel health kit can help make your trip a safe and healthy one

What to include in your Travel Health Kit:

- o Prescribed medicine
- o Overthecounter medicine
 - o Antidiarrheal medication
 - o Antihistamine
 - o Decongestant
 - o Antimotion sickness medication
- o Medicine for pain or fever
- o Mild laxative
- o Cough suppressant/expectorant
- o Cough drops
- o Antacid



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Human Resources Consulting

COBRA Regulations

"Insurance for your benefit"

- o Antifungal and antibacterial ointments or creams
- o 1% hydrocortisone cream
- o First aid supplies
 - o First aid quick reference card
 - o Basic firstaid items (bandages, gauze, Ace bandage, antiseptic, tweezers, scissors, cottontipped applicators)
- o Moleskin for blisters
- o Aloe gel for sunburns
- o Digital thermometer
- o Oral rehydration solution packets
- o Sunscreen (SPF 15 or above)
- o Insect repellent
- o Alcohol based hand sanitizer
- o Health insurance card and copies of claim forms

If you are traveling with prescription medications, bring a copy of your prescription. Pack a note on letterhead stationery from the prescribing physician if you are bringing controlled substances and injectable medications.

Plan ahead for illness or injury

Check your health insurance plan to see if they will cover your health needs abroad. Think about purchasing additional health insurance for your trip if your health insurance does not cover you while you are traveling. Pay attention to your health during your trip, and see a doctor if you are injured or feel ill.

Getting Your Vitamin D from Sun Exposure: Weighing the Risks and Benefits

Long known as an important factor in bone health, a quickly growing body of evidence now also shows that vitamin D may help lower the risk of cancer, heart disease, and even premature death. Sun exposure, in addition to dietary sources, is one way to obtain vitamin D; however, with concerns about skin-cancer risk, it's difficult to determine whether the benefits of boosting your vitamin D in this way outweigh the risks.

Often referred to as the "sunshine vitamin" because direct exposure to ultraviolet B (UV-B) sunlight causes the vitamin to naturally form in the skin, the issue of whether or not to encourage people to spend a little time in the sun to reap the benefits of vitamin D production is a bit of a double-edged sword for the public health community. While sun is in fact a potent (and free) source of vitamin D—producing all you'd need in a day in about 10 minutes of unprotected exposure, depending on where you live—it's also a clear cause of skin cancer, including deadly melanoma. "Safe sun" proponents feel that the benefits of a small amount of sun exposure could far outweigh the risks. And the numbers can make the point compelling. About 8,500 people die of melanoma every year, whereas increased vitamin D levels, partially boosted by sun exposure, could possibly prevent over 50,000 cancer deaths overall annually.

Still, it's hard to find the right balance of risk and benefits, especially when vitamin D supplements are easy to come by and relatively cheap. Is it okay to promote something that causes melanoma, when there's a safer alternative that has the same benefits? For now, most experts lean toward boosting vitamin D levels with pills rather than sun. But, the discussion continues, and newer data may help provide some clarity in the future on the "safe sun" issue.

Message from Alliant—When you refer a friend or family member to us it's the most satisfying rewards in our business and you can rest assured that we'll offer the same level of service and personal touch you have come to expect from Alliant.