



Here4TN Leader's Monthly

July 2018

Make employee health a priority

According to the Centers for Disease Control and Prevention (CDC), most health care costs in the U.S. are related to chronic conditions and the unhealthy behaviors that cause them. These would include health issues like type 2 diabetes, COPD, heart disease and cancer. As an employer, you can help your employees take steps to improve their health and reduce their risk. Schedule a Here4TN training today.

Men's health (1 hour)

In this class, we'll look at the leading causes of illness and death for men that make men's health different. We'll discuss risk factors, which screenings should be part of men's health routine and how to find a doctor.

Here are some program highlights:

- What makes men's health different
- Finding a doctor
- Risk factors
- Know your numbers
- Cancer prevention
- Diabetes prevention
- Injury prevention
- Steps to a healthier you

Women's health (1 hour)

In this class, for women we'll discuss leading causes of illness and death in women. We'll

As a leader, it can be hard to keep up with all of the programs and services you and your employees have available. That's where your new Here4TN Leader's Monthly can help.

Count on us for help

Call 855-Here4TN (855-437-3486) for more information or [go here](#) to complete a training request form and get started today.

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focus on how to prevent or manage major health conditions. Additionally, participants will review scheduling of important screenings.

Program highlights:

- Leading causes of death in women
- Causes of heart disease, stroke
- Heart attacks and women
- Risk factors
- Cancer prevention
- Osteoporosis
- Importance of screenings

Sign up for these trainings by completing a [Training Request Form](#) on Here4TN.com.

Here4TN is here to help

Licensed clinicians and Certified Employee Assistance Professionals can help you with workplace issues and provide resources, too. Call 855-Here4TN (855-437-3486) to schedule a consultation today.



Sources:

[Chronic disease overview](#). Centers for Disease Control and Prevention (CDC). Accessed May 15, 2018.

Back to school time? Be a resource for your employees

Between summer camps and back-to-school prep, summertime can be a busy time of year for those who have school-aged children. But with so much going on, it can cause parents to feel distracted and overwhelmed at work, which may cause loss of productivity. Consider these events for your employees, delivered by the Optum Training Department:

Event: Back-to-school information fair

What do you need to do to get your kids ready for school each fall? How do you prepare them physically, mentally and emotionally? How do you keep them safe? How do you prevent the battles around homework?

Attend this back-to-school information fair and get a jump-start on back-to-school planning. Pick up materials on:

- Finding before- and after-school childcare and activities
- Helping your child with homework

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This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. This program and its components may not be available in all states and coverage exclusions and limitations may apply.

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- Helping your child succeed in school
- Dealing with bullies at school

Training: Time management for busy families

There's a delicate balance between scheduling stimulating activities for you and your family and over-scheduling, frequently to the point of exhaustion. Setting priorities, getting organized and using mindfulness — staying "in the moment" — are helpful tools.

No matter what your circumstances, this information fair will provide tips to help you better use your time:

- Helping disorganized kids
- Helping over-scheduled kids
- Finding time for yourself

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