



BENEFITS WISE

"Better Benefits through Collaboration"

ALZHEIMERS & BRAIN AWARENESS MONTH

JUNE 2025

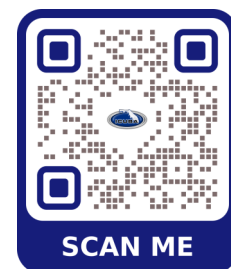


What is Alzheimer's disease?

Alzheimer's is a degenerative brain disease affecting memory, thinking, and behavior. It is also the most common form of dementia. Dementia isn't a specific disease, it's an overall term that describes a group of symptoms. Over **7 million Americans** (and 55 million people worldwide) are living with Alzheimer's. This month is a time to raise awareness and spotlight the impact of Alzheimer's and other dementias.

Research suggests that if you know the early warning signs, prioritize brain healthy habits, manage your chronic conditions, and take care of your mental health - you can help lower the risk of cognitive decline. Small changes today can help protect your brain health for the future!

If you or someone you know is affected by Alzheimer's or dementia, visit www.alz.org, or scan the QR code to view all 10 early warning signs and access more information and resources from the Alzheimer's Association.



TIP OF THE MONTH - JUNE

PROTECT YOUR SKIN: MAKE SUNSCREEN A DAILY HABIT



Even on cloudy days or short commutes, UV rays can damage your skin. Use a broad-spectrum sunscreen with SPF 30 or higher every day, and reapply every 2 hours when outdoors. Don't forget spots like your ears, neck, and the tops of your feet!

Bonus: Wearing sunglasses and a wide-brimmed hat can help protect your eyes from harmful UV rays.



Summer is the perfect time to check in on your health and wellbeing. ICUBA offers a variety of benefits designed to support your physical and mental wellbeing.

Feeling stressed or overwhelmed? Access confidential counseling and coping resources, [24/7 through the EAP!](#)

Need a checkup? Schedule your annual wellness visit - it's covered at 100% with [in-network providers](#).

Heading out of town? Access Teladoc through [My Health Toolkit](#) for medical and behavioral health care on the go!

Visit the iHUB online at www.icubabenefits.info



Registration opens May 23, 2025. Join the challenge June 1 – 30.

MUSIC AROUND THE WORLD

To join this adventure, all you have to do is move!

Your health plan is sponsoring a challenge through Personify Health to encourage you to add some movement to your daily routine — and have some fun along the way. It's simple to sign up for a challenge, and you can easily keep track of your progress using a fitness tracking device.

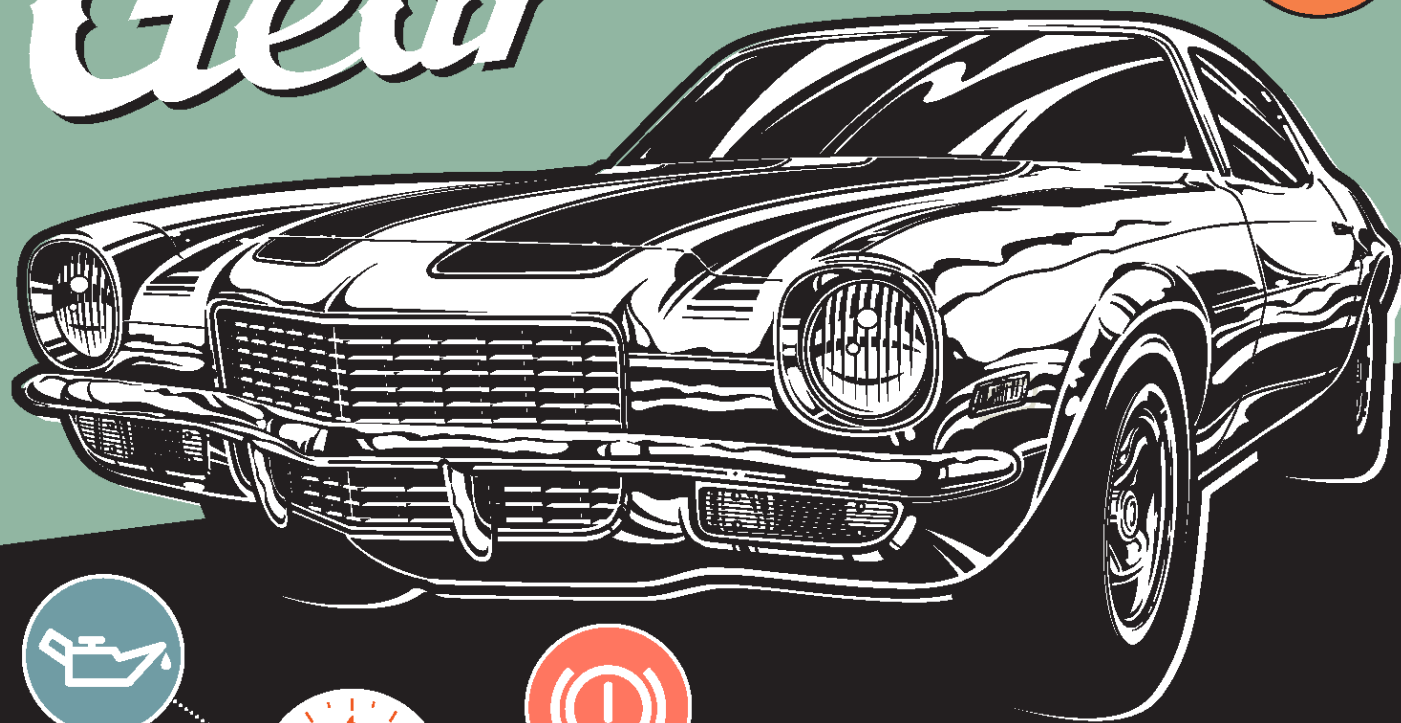
Come travel the globe in search of music! Earn points with sambas in Rio, singalongs in Nashville and more adventures we can't reveal just yet.

New to Personify Health? To enroll in Personify Health or access your account, log in to your My Health Toolkit® account. Select **Wellness & Care Management**, **Wellness Programs**, then **Personify Health**.



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GET YOUR HEALTH in *Gear*



Even if you're not having any health problems, you should still see your doctor for regular checkups. Many of the top risk factors for serious health problems are within your control. You may need to think about other types of health checks, as well, including colon cancer screenings and mammograms.

An early diagnosis of a serious condition can lead to improved treatment outcomes.

Learn more in the Live Healthy section of www.MyHealthToolkitFL.com.



TALK TO YOUR DOCTOR ABOUT CANCER SCREENINGS.



A MAMMOGRAM

can detect a lump up to three years before it can be felt. When breast cancer is detected early, the relative five-year survival rate is 99 percent.



Colorectal cancer is the THIRD MOST COMMON

cancer among people in the United States. People with an average risk for colorectal cancer should begin screening at age 45.



ONE IN 5 PEOPLE

in the United States will develop skin cancer by the age of 70. Most cases of skin cancer are curable if they are diagnosed and treated early.

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