



Height of Summer Hydration — July 8-12

Summer is here and so are soaring temperatures. This time of year can be full of sun and fun but also is a dangerous time if you aren't aware of your hydration. So to beat the summer heat this month, we're focusing on hydration habits.

From July 8 through July 12, each eight-ounce glass of fluid you consume will earn you one point. Your goal is to earn eight points per day (by consuming 64 ounces of fluid) for five days, totaling 40 points. Track the number of eight-ounce glasses you consume each day in Walker Tracker. [Join the challenge!](#)

Hydrate during this challenge with any caffeine-free, low-calorie (<10 calories per serving) fluid. This can include water, sparkling waters, sugar-free jello, broths...anything that is a liquid at room temperature.

How hydrated are you?

Signs you may need to increase your intake of hydrating beverages:

- Dark yellow urine
- Fatigue, feeling tired
- Feeling light-headed or dizzy

- Feeling thirsty
- Dry mouth or lips



More ways to earn

MoDOT/ MSHP workers enrolled in the Anthem health plan have the option to earn rewards in the It Pays to Be Well Program. You may know you can get rewards for seeing your doctor or getting a cancer screening. But don't miss these other exciting ways to take care of your health and get rewarded.

Which one is new to you?

Building Healthy Families

- *What you can get:* **\$40 total per plan year** (\$10 for completing program profile, \$10 pregnancy screener prior to delivery, \$10 assessment prior to delivery, \$10 postpartum assessment)
- *What it is:* a complete end-to-end family creation program that recognizes every individual's and family's unique path to parenthood and supports them throughout each phase of their journey, from pre-conception to maternity to parenthood.
- *How to get connected:* **Login to SydneySM Health app > Menu > My Health Dashboard > Building Healthy Families**

Health Risk Assessment

- *What you can get:* **\$20 per plan year**
- *What it is:* a tool to help you understand your health as well as future health risks. This newly released version is simpler to complete and provides more tailored, actionable next steps.
- *How to get connected:* **Login to Sydney Health app > Menu > My Health Dashboard > My Health Check-In**

Condition Care

- *What you can get:* **\$50 per plan year**
- *What it is:* a program to help you manage long-term health conditions and build healthier behaviors to improve your overall health and control healthcare costs for:
 - Asthma (adult and pediatric)
 - Diabetes (adult and pediatric)
 - Chronic Obstructive Pulmonary Disease (COPD)
 - Coronary Artery Disease (CAD)
 - Heart failure
- *How to get connected:* **Call 866-962-1069**

Wondr Health

- *What you can get:* **\$30 per plan year**
- *What it is:* a weight loss program that is clinically proven to help you lose weight, sleep better, and stress less by teaching simple behavioral science skills so you can enjoy your favorite foods and feel better than ever.
- *How to get connected:* **Go to enroll.wondrhealth.com/modot-mshp**



Things to know

A new feature section with reminders and announcements based on where you work

MoDOT Corner

- Wondr Health is now available. Enroll and start anytime. **Go to enroll.wondrhealth.com/modot-mshp to get started today!**

MSHP's Corner

- **Don't forget:** The Cordico app provides MSHP employees, spouses, and retirees with on-the-go, confidential access to mental health resources. Learn more about your mental health, or get connected to a DEFENSE Peer, Chaplain, or mental health care provider. Download link and login information can be found on the MSHP intranet home page.
- Wondr Health is now available. Enroll and start anytime. **Go to enroll.wondrhealth.com/modot-mshp to get started today!**



Recipe box

A new monthly feature filled with ideas to make eating healthy one less thing to worry about

Staying hydrated doesn't have to be boring. Nor does it have to be only from beverages. Check out these seasonal recipes that fuel and hydrate you.

- [Chicken and Cucumber Lettuce Wraps with Peanut Sauce](#)
- [Watermelon, Cucumber and Feta Salad](#)
- [Scallops with Radicchio-Apple Slaw](#)
- [Blueberry Basil Limeade](#) (substitute sugar with Splenda or a sugar substitute to lower the amount of carbohydrates)
- [Shift Drink](#) (this calls for a spiced syrup you need to make in advance)