

CHARGER FIT NEWSLETTER

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JULY 2020



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FINANCIAL PLANNING FOR RETIREMENT WEBINARS

In today's economy, it is important to feel secure about your financial future and ensure a comfortable retirement. These seminars will help you understand the opportunities available to you and provide guidance in planning for retirement.

Teacher's Retirement Systems of Alabama and PEEHIP

Tuesday, July 7th at 11:00 a.m. via Webinar. [Click here](#) to register for this event.

This webinar will provide an overview of the Teachers' Retirement System including retirement calculations, income options, and service credit. A PEEHIP representative will be available to discuss health insurance options in retirement.

TIAA

Thursday, July 30th at 10:00 a.m. via Webinar. Registration for webinar will be emailed separately.

This webinar is designed to help the employees understand how their retirement benefits holistically work together. It will summarize the retirement plans offered by TIAA and how they complement the TRS pension.

SARCOMA AWARENESS MONTH

What is sarcoma? Sarcoma is a rare, soft-tissue cancer made up of many "subtypes" because it can arise from a variety of tissue structures (nerves, muscles, joints, bone, fat, blood vessels ; the body's "connective tissues"). Additionally, Sarcoma may also occur in the bones. Basically because these tissues are found everywhere on the body, Sarcomas can arise anywhere.

Learn more by visiting www.curesarcoma.org

JULY EVENTS

JULY

SARCOMA AWARENESS MONTH
UV SAFETY AWARENESS MONTH

JULY 3

INDEPENDENCE DAY HOLIDAY

JULY 7

TEACHERS' RETIREMENT
SYSTEMS AND PEEHIP
RETIREMENT WEBINAR

JULY 8-31

CHARGE INTO SUMMER -
MOVE SPRING CHALLENGES

- SUMMER ADVENTURE JULY 8-10
- SUMMER IN PARADISE JULY 15-21
- SUMMER IS OUT OF THIS WORLD JULY 24-31

JULY 20 - AUGUST 2

STRETCH IT OUT CHALLENGE
(REGISTRATION JULY 13-19)

JULY 30

TIAA RETIREMENT WEBINAR

JULY

Fight Strong

SARCOMA CANCER
AWARENESS MONTH

UAH COOKBOOK SUBMISSIONS

Charger Fit is working to create a UAH Cookbook. All employees are welcome to participate and submit their favorite recipes from all around the world. We are searching for recipes for breakfast, lunch, dinner, snacks, side dishes, desserts, smoothies, etc. We ask that you please submit nutrition information with your recipes, if possible.

Please submit your recipes via [this link](#). If you have already submitted a recipe no need to resubmit. **Deadline for submissions is July 15th.** If you have any questions please contact [Charger Fit](#). All submissions will be entered into a drawing for a *Whole Foods gift card*.



STRETCH IT OUT CHALLENGE

Have you been stretching daily? With Charger Fit's new "*Stretch It Out*" challenge you can answer that question with a "Yes". The "*Stretch It Out*" challenge begins July 20th, and continues to August 2nd. The goal of the challenge is to increase the number of minutes you stretch each day. People often remember to exercise, but forget to stand up during the day and take a stretch break. Stretching throughout the day improves range of motion, decreases muscle stiffness, and aids in reducing of high stress levels.

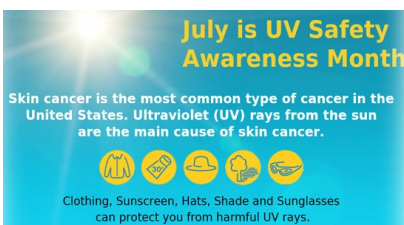
To participate in this challenge you will need to register through the wellness center in your [Gilsbar account](#) beginning July 13th, through July 19th. You will need to answer "YES" to all questions to earn up to **14 points** toward your wellness incentive.

CHARGE INTO SUMMER - MOVE SPRING CHALLENGES

Let's get stepping this summer with a few virtual trips. *Charge Into Summer* is a three part challenge with the chance of winning one of three \$25 gift cards. Each participant can have their name entered up to three times (one for each challenge completed).

- * Our first stop, "*Summer Adventures*", will take us 10 miles where we will experience our favorite summer activities, from grilling out to lounging in the pool. This challenge begins July 8th, and continues through July 10th.
- * Next stop, "*Summer in Paradise*", will take us 25 miles to a tropical paradise. We will uncover a variety of life both above and below the water. Part two begins July 15th, and continues through July 21st.
- * Our last stop, "*Summer is out of this world*", will take us 30 more miles where we will travel where no human has gone before. We will take a cosmic journey past the moon, Mars and into the mysteries of deep space. Part three begins July 24th, and continues through July 31st.

For more information on the challenges and how to sign up visit our [MoveSpring webpage here](#).



UV SAFETY AWARENESS MONTH

July is UV (Ultraviolet) Safety Awareness Month. Exposure to UV ray, both natural (from the sun) and artificial (for example from tanning beds, gel manicure lamps or welding torches) causes most skin cancers, including basal cell and squamous cell cancers and melanoma. UV exposure is also linked to merkel cell carcinoma.

Learn more by clicking on each link below:

- [Basal and Squamous Cell Skin Cancer](#)
- [Merkel Cell Skin Cancer](#)
- [Melanoma Basics](#)
- [Be Safe in the Sun](#)
- [Skin Cancer Basics](#)
- [Cancer Prevention Basics](#)
- [Sun Safety](#)

REMINDER OF OUR PRIVACY NOTICE

Charger Fit understands that health information about you and your health is personal. We are committed to protecting medical information about you. This **Privacy Notice** will tell you about the ways in which the Plan may use and disclose medical information about you. This Notice also describes your rights and certain obligations the Plan has regarding the use and disclosure of medical information. The Plan is required by law to:

- make sure that medical information that identifies you is kept private;
- give you this notice of the Plan's legal duties and privacy practices with respect to medical information about you;
- notify you in the case of a breach of your unsecured identifiable medical information; and
- follow the terms of the notice that is currently in effect.