



Tap into Summer Savings!

People are watching their money this summer due to inflation, economic uncertainty, and fears of a recession. Some are scaling back plans when it comes to vacations. In a recent survey by Bankrate, fewer than half of all Americans - 46% - said they are planning summer travel, down from 53% in 2024. Managing money carefully is always a good thing, but don't forgo a summer break entirely! Your EAP offers tools that can help make your summer plans more affordable:

- First, be sure to log in to your Self-Help Resource Center to explore your [EAP Lifestyle Savings Benefit](#). Get discounts, cash back offers, and perks that will help you get the most for your money. If you are planning to travel, there are deals on vacation packages, cruises, car rentals, theme and water parks, bus tours, flights, and more. Even if you plan a "staycation," there are many discounts for tickets to sporting events and performances, museums, theatres, local dining, local attractions, and more. If your staycation involves home or yard improvement or planning for back to school, get deals on your favorite brands.

Here's a small sampling:

- *Old Navy • DSW • Disney • Apple • Lego • Costco • HP • Sam's Club • Crate & Barrel • Lowe's • Home Depot • Cabela's • TJ Maxx • HomeGoods • Macys • JCPenney • BJs • LL Bean • Nike • CVS • PetSmart • Door Dash, and many more!*
- Also, check [Tools for Tough Times](#) for help stretching your money. Find tools for dealing with mortgages, home ownership, money problems, home energy, gas and driving, and frugal living. Find price comparison tools for shopping, ways to manage debt, ways to save money on daily living expenses, and much more.
- Finally, why not plan for your next promotion during your down time this summer? Take free courses and earn certificates in the online **Training Center**. Tap into video courses ranging from short micro-learning courses of just a few minutes to multi-course topics and learning paths. [See July Training suggestions below.](#)

Be Cool in Your Summer Break

It's vital to keep a healthy work-life balance. Breaking the work cycle to relax, replenish, and reset is an important part of your overall well-being and self-care. July is Parks & Recreation Month – why not enjoy outdoor activities in our nation's parks? Whatever your favorite activity – biking, boating, birdwatching, climbing, hiking, kayaking, fishing, swimming and more – there is a park where you can "do your thing." [Find the right park for you](#) by activity or location.

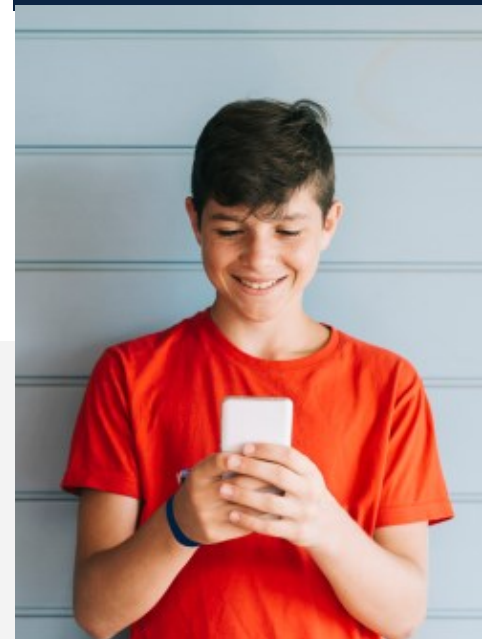
Featured July Webinar



Social Media for Parents

How can parents make sure kids are using social media safely and appropriately?

Learn how to keep an open line of communication regarding your child's activity online, ensure privacy, establish boundaries, and monitor healthy usage. To access this Webinar and related resources, simply log in to www.HealthCareEAP.com during July.



Whatever summer activities you choose, here are some preparation tips for keeping safe:

- Keep your eye on the weather to watch for [severe storms](#) and learn how to [protect yourself from UV rays](#).
- Know the signs of [heat exhaustion and heat stroke](#) and the importance of staying hydrated in hot weather. Check out our [Extreme Heat Toolkit](#) for more.
- Practice water safety. Get [Swimming Safety Tips](#) from the Red Cross. Also see [PoolSafely.gov](#), the [National Drowning Prevention Alliance](#), and the [Boating Safety Resource Center](#) from the U.S. Coast Guard.
- Protect against stinging, biting things. Ticks and mosquitoes can transmit serious illnesses. See [Pest Alert – The Biting and Stinging Insects of Summer](#).
- Practice biking safety – [Bicycle Safety for Parents and Kids](#) and the [Bicycle Helmet Safety Institute](#).
- For solo adventures, tell someone where you are going and when you'll return. Keep a fully charged phone. See [Hiking Alone and How to Be Safe](#).

Summer School!

Whether at work or on the beach, sharpen your skills and learn something new this summer. Visit your free online Training Center to pick from thousands of training topics, with new ones added every month. We offer a few suggestions below, but you can also search for your own interests. Simply click on “Member Login” at [www.HealthCareEAP.com](#), sign in, and click on the comprehensive training library in the “Training Center.”

- **NEW! Simplify Daily Communication with AI | Course ID: SVL_005190**
In this 11-minute series of 3 short videos, discover strategies to simplify daily communication, reduce time spent on emails and meetings, and improve clarity across your team with AI.
- **NEW! Customer Service Etiquette for People with Disabilities | Course ID: SVL_1022964**
Learn key strategies and best practices for effectively serving customers with disabilities in this 5-minute video lesson.
- **How to Better Prepare at the Office for Going on Vacation | Course ID: SVL_090026**
Tips for preparing in advance so that you don't return to a post-vacation overload.

Key July Dates

- [Juvenile Arthritis Awareness Month](#)
- [UV Awareness Month](#)
- [Sarcoma Awareness Month](#)
- [National Minority Health Awareness Month](#)
- 7/4 – [Independence Day](#)
- 7/25 – [World Drowning Prevention Day](#)
- 7/28 – [World Hepatitis Day](#)

Scan to Learn More!

Explore
More of Your
Employee
Benefits



Download
Talkspace Go
For iPhone
Or Android



Accessing Your EAP Training Center

1. Go to [www.HealthCareEAP.com](#) and click the **Member Login** button.
2. If you've already created an account, log in with your Username/Password.
3. If it's your first time, click **REGISTER** to create your Username and Password. **You only need to register once.**
4. Click the **Training Center** and then choose **Comprehensive Training Library**.
5. In the Search bar at the top of the screen, type the course code or search for a topic.
6. Click the course icon and click the **Play** or **Start** button to begin.

To get a certificate: View the course and take the quiz. Not all courses require a quiz, but if so, you must score at least **80%** for a certificate. To download your certificate to your computer, click the ribbon icon below the right corner of the video.

How to Scan A QR Code:

1. Open the camera app.
2. Select the rear-facing camera in photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)



98% Employee Satisfaction Rate

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