



Keep Summer Fun with Savings!

Don't let inflation put a crimp in your summer! Your EAP offers tools to help make your summer plans more affordable. Check out the [Lifestyle Savings Benefit](#) for discounts, cash back offers, and perks to help you get the most for your money. Save up to 50% on travel deals! Find discounts on vacation packages, cruises, car rentals, hotels, theme and water parks, bus tours, flights, and more. Even if you plan a "staycation," find 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.

Plus, our members report substantial savings on everyday needs, such as auto and home insurance, technology devices and software, health and wellness services, pet care, and more from well-known brand names. Don't miss entering for monthly giveaways on a daily basis for a chance to win tickets, products, gift cards, and more!

While logged in to the website, also check [Tools for Tough Times](#) for more resources and advice to help stretch your money. Find price comparison tools for shopping, ways to manage debt, ways to save money on daily living expenses, and much more.

Smart Summer Safety

Summer is the season for vacations, cookouts, beaches, hikes, road trips, and time outdoors. But warm-weather fun also brings seasonal risks. These simple precautions can help you and your family stay healthy and safe:

- **Beat the heat:** Hot weather can lead to dehydration, heat exhaustion, or even heat stroke. Drink plenty of water and limit alcohol and excessive caffeine during extreme heat. Know the warning signs of heat exhaustion: dizziness, headache, nausea, muscle cramps, weakness, and heavy sweating. If symptoms worsen or if confusion develops, seek medical help immediately.
- **Protect your skin and eyes:** Sun exposure can damage your skin and increase the risk of skin cancer. Use sunscreen with SPF 30 or higher, wear sunglasses that block UV rays, and consider hats or lightweight protective clothing when spending extended time outdoors. Remember: Even cloudy days can expose you to UV radiation!
- **Practice water safety:** Swimming, boating, and pool time are summer favorites, but accidents happen quickly. Never leave children unattended near water, even for a moment. Wear life jackets while boating or participating in water sports and avoid swimming alone. Alcohol and water activities are also a dangerous combination that can impair judgment and reaction time.
- **Stay alert on the road:** Summer travel means busier roads and more distractions. Fatigue, texting, speeding, and impaired driving all increase accident risks. Plan ahead, take breaks during long drives, and avoid using your phone behind the wheel.

★ Featured



July Webinar

Downsizing Your Home and Belongings

When faced with downsizing your personal belongings or those of a loved one, the process can feel overwhelming. This workshop provides proven techniques to determine how, why, and what to save, what to share with others, and what is best to be donated.

To access this Webinar and related resources, simply log in to www.theEAP.com during July.



- **Don't forget food safety:** Outdoor parties and cookouts can increase the risk of foodborne illness. Keep cold foods cold, refrigerate leftovers promptly, and avoid letting perishable foods sit in the sun for extended periods.

Get more tips at [Summer Safety Vacation Guide](#) and [Extreme Heat Toolkit](#). Summer should be a time to relax, recharge, and enjoy life outdoors. A little planning and awareness can help ensure your best summer memories are safe and healthy ones.

Summer Smarts

Online training allows you to learn new things and bolster your skills even when you're lounging on your deck or the beach! Explore thousands of topics in the Training Center. Here are a few suggestions or search for your own topics. Click on "Member Login" at www.theEAP.com, sign in, and click on the Comprehensive Training Library in the Training Center.

- **NEW! Social Media Security | Course ID: SVL_007136**
Learn how to protect yourself and your organization on social media in this 10-minute course. Learn common risks, ways to adjust privacy and security settings, and other ways to stay safe.
- **Understanding and Preventing Heat-Related Illnesses | Course ID: SVL_089077**
Heat-related illnesses are serious and can lead to death. This 17-minute course covers the types and symptoms of heat-related illnesses, precautions to take when working in hot environments, and steps to take if someone experiences symptoms.
- **Building Great Relationships | Course ID: SVL_1021222**
Learn the core elements that characterize work relationships and how to create strong bonds with colleagues, bosses, and customers in this 28-minute course.

Key July Dates

- [Parks & Recreation Month](#)
- [Juvenile Arthritis Awareness Month](#)
- [Healthy Vision Month](#)
- [National Minority Mental Health Awareness Month](#)
- [Group B Strep Awareness Month](#)
- [7/4 - Independence Day - 250 Years!](#)
- [7/22 - World Brain Day](#)
- [7/25 - World Drowning Prevention Day](#)
- [7/26 - National Parents Day](#)
- [7/28 - World Hepatitis Day](#)

Accessing Your EAP Training Center

1. Go to www.theEAP.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.

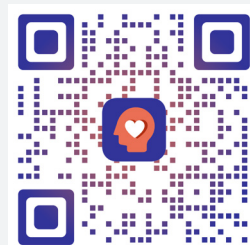
To get a certificate: View the course and take the quiz. Not all courses require a quiz, but if so, **you must score at least 80%** for a certificate. To download your certificate to your computer, click the ribbon icon below the right corner of the video.

Scan to Learn More!

Explore More of Your Employee Benefits



Download Talkspace Go For iPhone Or Android



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.)

