

LIVE WELL – WORK WELL



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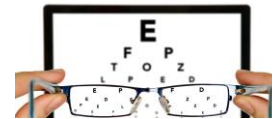
MARCH IS WORKPLACE EYE WELLNESS MONTH

March is Workplace Eye Health and Safety Month. Before you think that this topic does not apply to you, think again. Each day, over 2,000 Americans suffer an eye injury. This means that almost one million Americans have experienced some vision loss due to eye injury, which has resulted in more than \$300 million in lost work time, medical expenses and workman's compensation.

We usually think of work-related eye injuries as being isolated to outdoor jobs such as construction work, landscaping or animal handling. Ironically, working in an office can be just as hazardous to your eyesight. The most common eye problem is computer vision syndrome. While consistently being on your computer will not permanently damage your vision, it can make your eyes feel irritated and fatigued.

Computer vision syndrome is not just a myth. Too much screen time and not enough breaks can cause headaches, inattentiveness, neck pain, back strain, and [dry eye](#). Studies show that staring at a screen for extended periods of time lengthens the interval between blinks, preventing eyes from staying lubricated and moistened.

There are some ways to prevent computer vision syndrome and keep your eyes feeling comfortable:



- Reposition your screen. Adjust your screen to be at a right angle away from any direct light source. Invest in an anti-glare screen for your monitor to make computer work gentler on your eyes.
- Remember the 20-20-20 rule. This rule reminds you that every 20 minutes, you should look at an object at least 20 feet away for at least 20 seconds.
- Don't forget to blink. While it may sound ridiculous, write yourself a note and place it on your monitor. Write "Blink Often" or any other message that will remind you to regularly close your eyes to keep them from getting dried out.
- Use artificial tears. Over-the-counter eye drops can be extremely helpful in preventing dry eye and keeping your eyes comfortable.
- Drink water. Adequate hydration can make a big difference, especially during the winter months when heaters and furnaces can make the air particularly dry.
- Schedule regular comprehensive eye exams. Nothing can replace the importance of having an [eye exam](#) by a licensed ophthalmologist at regular intervals. If you have any concerns about your vision or experience any changes with your eyesight, do not delay in making an appointment.

Reduce Your Risk Of Eye Injuries By Taking The Steps To Eliminate Hazards And Wearing The Appropriate Eye Protection



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The National Sleep Foundation sponsors [Sleep Awareness Week](#) every March to educate Americans on the importance of sleep to their overall health and well-being. The CDC has linked insufficient sleep to the development of chronic diseases and conditions, including diabetes, heart disease, obesity and depression. In honor of Sleep Awareness Week occurring this March 11-17, try adopting the following five healthy sleep habits:

1. Keep a regular schedule—try to go to bed and wake up at the same time each day, including weekends.
2. Create a good sleep environment, including comfortable room temperature, minimal noise and sufficient darkness.
3. Keep track of habits that help you fall asleep, like relaxing music or reading before bed. Repeat those activities each night.
4. Avoid caffeine and nicotine three to four hours before going to bed.
5. Limit alcohol before bed, as it can reduce sleep quality.

Ultimate Pre-Sleep Smoothie

Ingredients:

- 1 kiwi
- 1 frozen banana
- ½ cup uncooked oats
- 2 cups kale
- 1 tbsp honey
- 1 tbsp almond butter
- ½ cup milk (or soy milk)



Preparation:

Put all ingredients in a blender and blend until smooth.

FOODS TO HELP YOU SLEEP BETTER



Almonds



Milk



Yogurt



Banana



Bread



Green Tea



Honey



Oatmeal



Potatoes



Saffron