

# JULY 2020 YOUR BEST JULY

## lb LIFESTYLE BENEFITS



### TAKE OFF INTO BIRDING

Looking for a way to get into nature that's both relaxing and easy to start? Birding might be just what you need. You can social distance and find a new hobby that helps your mental health.

**ACCORDING TO HARVARD, A GROWING SCIENTIFIC FIELD CALLED ECOTHERAPY SHOWS A STRONG CONNECTION BETWEEN TIME SPENT IN NATURE AND REDUCED ANXIETY, DEPRESSION AND STRESS.**

Birding, or bird watching, involves looking for and identifying birds by sight or sound. You don't need much to get started: an interest in nature, an ID guide, and some binoculars will do the trick. Bird guides are available online or for purchase in many different formats. There are also birding mobile apps, which can help you track the birds you see and identify them by bird call. If you don't already have a pair of binoculars, magnification and weight are important features to consider.

**Build up your knowledge.** Get to know the birds that live near you. Spotting their coloring and listening to their calls will help you begin to notice when more unusual birds show up.

**Pick your spot.** You can visit a trail, drive through a wildlife area, or even set up in your backyard! One tip is to find where two habitats meet, like the edge of a forest and a meadow.

**Be patient (and quiet!).** Keeping quiet and still and wearing inconspicuous colors can help keep birds near you. Some birds are quiet and blend in more, so it may take some time for them to emerge.

Remember to **leave birds be** - they are wild animals! Clean up after yourself - leaving litter disrupts birds' natural habitats. Don't get too close - leave any nests or eggs undisturbed. And do your research - feeding birds needs to be done with the right seed.

### BACK OFF, PAIN!

Back pain can come and go, be low or high, and hit at any time. Learning the types, causes and potential treatments can help, but always consult your doctor before you take any steps to fix it.

Strain is a common cause of back pain. Strain can come from lifting something heavy, lifting with the incorrect posture, or from internal factors such as damaged discs, muscle spasms, or other injuries. Other causes of back pain include internal structure issues such as scoliosis, sciatica, or bulging or ruptured discs and bad posture.

Although anyone can experience back pain, the following are at higher risk:

- ❖ Pregnant women
- ❖ Older men and women
- ❖ People who are inactive or don't regularly engage in physical activity
- ❖ Smokers



Back pain will often go away on its own. However, you should consult a doctor if the back pain is persistent or is accompanied by any of the following symptoms:

- ❖ Fever
- ❖ Inflammation
- ❖ Pain that goes down the legs
- ❖ Difficulty urinating
- ❖ Numbness or tingling

A doctor should also be consulted if an injury was recently sustained to the back or if back pain does not lessen after laying down. Knowing the types of back pain and its causes are important to alleviating pain and encouraging a healthy, mobile lifestyle.

### BENEFIT SPOTLIGHT

#### BRACE YOURSELF FOR ORTHODONTICS

Orthodontics is a subset part of dentistry that focuses on correcting bite, straightening teeth, and tooth and jaw alignment. Some dental plans cover different levels of orthodontic services, depending on age, level of coverage, and other factors.

Whether you or your child need braces or orthodontic care, you likely have options from your employer's plan. Some things to keep in mind:

**Review your dental plan documents to confirm if orthodontic care is covered.**



**Choosing an in-network orthodontist can save you money.**



**Know your plan's coverage limits for annual covered amounts and visits. Lifetime maximums for orthodontic care might also be a factor.**



**Are adults covered? Some plans cover braces or orthodontia for children only - so if you're the one wanting braces, check your plan details first.**



**BONUS ARTICLE OF THE MONTH:**

**BEAT THE HEAT STROKE**  
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