

JULY 2021

REVITALIZE: YOUR RELIEF



## HOW TO SAVE A LIFE

Donating blood is an easy way to make a difference.

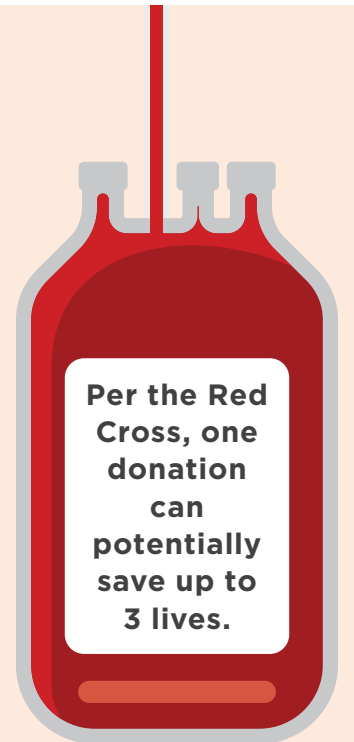
Blood donation is always needed since blood can only be stored for a limited time. Regular donations from healthy people ensure there is a supply of blood for those who need it. Whole blood, red cells, platelets, and plasma can all help someone in need.

Who might benefit from your blood donation?

- Cancer patients
- Trauma patients
- Sickle cell patients
- Burn patients
- People with chronic diseases
- Emergency injuries

No matter your blood type, your donation can be helpful!

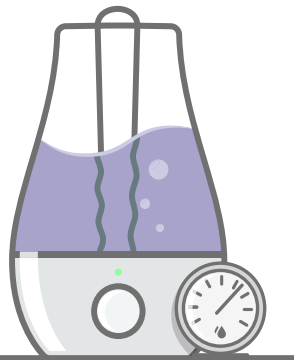
**According to the Red Cross, someone in the U.S. needs blood every two seconds. Visit [www.redcross.org](http://www.redcross.org) for information on donation eligibility criteria.**



## GOODBYE, DRY AIR

Do you ever experience a scratchy throat, dry nose, or headaches at home? A humidifier is a machine that uses water to add moisture to the air. It prevents dryness that can affect the body. A humidifier can relieve:

- Sinus congestion
- Dry skin/throat
- Headache
- Nose irritation/bloody nose
- Cough



There are a few different types of humidifiers, and each has its pros and cons.

**Central humidifiers** are built into an air conditioner or heater. Though the most expensive, they create humidity throughout the whole home.

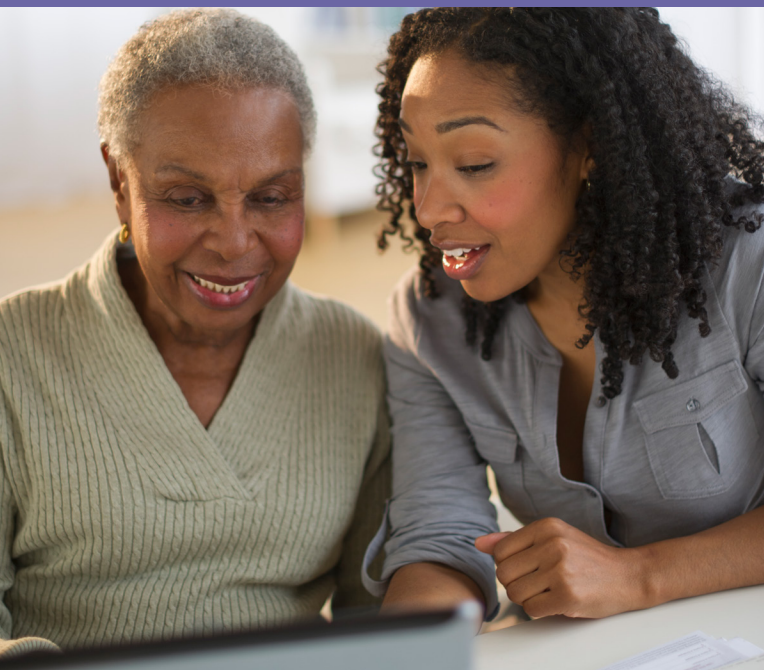
**Evaporators** blow moist air through a filter, powered by a fan. They work for one room.

An **impeller humidifier** uses rotating disks that move at high speeds, creating a cool mist. These are child friendly as there is no risk of burns.

**Steam vaporizers** heat water and cool it before sending it into the air. These are the most affordable option and can be purchased at your local pharmacy.

**Ultrasonic humidifiers** use ultrasonic vibration to produce a cool or warm mist. You can buy multiple sizes.

## BENEFIT SPOTLIGHT



## WHAT IS A BENEFICIARY?

Your beneficiary is the person you designate to receive your life insurance benefits. This includes any benefits payable under Basic Life. You receive the benefit payment for a dependent's death if you've elected dependent life insurance.

A primary beneficiary is first in line to receive the benefit from your life insurance policy. Typically, this is your spouse, children, or other family members. In case your primary beneficiary dies before you or at the same time as you, you can name a secondary or contingent beneficiary. Your beneficiary can be a specific person, a charity, your estate, or a trust.

When choosing your beneficiaries, indicate their full name, address, Social Security number, relationship, date of birth, and distribution percentage.

**Please note that in most states, benefit payments cannot be made to a minor.** If you elect to designate a minor as beneficiary, all proceeds may be held under the beneficiary's name and will earn interest until the minor reaches age 18. Contact Human Resources or your own legal counsel with any questions.



**BONUS ARTICLE OF THE MONTH:**  
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