



**SEPTEMBER 2021
REVITALIZE:
YOUR BALANCE**

CPR 101

Knowing the basics of CPR could save a life in the case of an emergency. Cardiopulmonary resuscitation (CPR) is used during a cardiac or breathing emergency. Here's what you need to know:

Before giving CPR:

1. Check the person and the scene. Tap the person on the shoulder and shout "Are you okay?" to make sure they need help.
2. Call 911 or have a bystander call.
3. Open the person's airway: with them lying on their back, tilt their head back slightly to lift the chin. Check for any blockages in the back of the throat.
4. Check if they're breathing. Listen for no more than 10 seconds. Occasional gasping doesn't count as breathing. If there is no breathing after 10 seconds, begin CPR.

CPR Steps from the Red Cross:

1. Put your hands one on top of the other in the middle of the chest and push hard and fast using the heel of your hand. Use your weight to compress the chest at least 2 inches deep and at a rate of at least 100 compressions per minute.
2. With the person's head tilted back and chin lifted, pinch the nose shut and place your mouth over theirs to form a seal. Deliver rescue breaths by blowing into their mouth to make the chest rise. Deliver two breaths, then restart compressions.
3. Repeat these steps until the person exhibits signs of breathing or an EMT or trained professional arrives. If the scene becomes unsafe or you become exhausted, end the CPR cycles.

If you're uncomfortable doing mouth-to-mouth, research hands-only CPR.

Learning CPR is something everyone should do. Visit redcross.org to find a class near you.

BECOME A PROBIOTICS PRO

Are probiotics worth the hype? Probiotics are living microorganisms found in yogurt, fermented foods, supplements, and beauty products. These bacteria can have positive health effects by helping digest food, destroying cells that cause disease, and producing vitamins. The most common bacteria in probiotics are groups called *Lactobacillus* and *Bifidobacterium*.

What might probiotics do?

- ❖ Assist your body in maintaining a healthy community of microorganisms
- ❖ Influence your body's immune response
- ❖ Treat periodontal disease and infant colic
- ❖ Help maintain gut health

Interested? Research what type of probiotics are best for you, whether it's through yogurt, kombucha, or tablets.



**BONUS ARTICLE:
MENTAL HEALTH
FOR KIDS**



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BENEFIT SPOTLIGHT

LIFE INSURANCE ON YOUR TERMS

Also known as pure life insurance, term life guarantees payment of a stated benefit if the covered person dies during a specific term. When the term expires, you can renew it, convert it to permanent coverage, or allow the policy to terminate. Term life provides protection during your working years with affordable coverage to help survivors weather an unexpected loss.

Why do you need it?

- Income replacement
- Like renting a house: you use the protection for a set period of time
- Can help pay the costs families face during the working years if the breadwinner dies prematurely: housing, education, saving for retirement
- Can be used to pay for expenses associated with terminal illness

How does it work?

- Flexible, normally ends at retirement
- You may increase coverage as your needs evolve
- The benefit typically decreases after age 65, and can end at retirement, when income replacement may no longer be necessary
- Guaranteed issue means you can get coverage with no health questions or exams

Check your benefits guide to see what's available to you.