

The Pulse Newsletter



BY THE NUMBERS



90%

Of U.S. adults say their morning routines sets the tone for their mental wellness.



42%

Of U.S. adults would rather scroll on social media instead of adopting a morning ritual.

Source: [CNBC](#).



STAYING HYDRATED

Late summer heat can make it easier to become dehydrated, so carrying a water bottle, choosing [water-rich foods](#), and limiting excess caffeine or alcohol can help support energy, focus, and overall wellness.

FOCUS

Healthy Routines

Taking time for preventive care, like annual checkups, screenings, and vaccinations, helps catch potential issues early and keeps you on track for long-term health.

A small investment in your health today can make a big difference for your health.



DETAIL

Let's lead with wellness

By Isaac A. Cruz, Sr. Population Health & Wellbeing Consultant

As summer begins to wind down, August is the perfect time to reset healthy routines and prepare for the busy months ahead. While many people focus on nutrition and exercise, one of the most important steps you can take for your health is staying current with preventive care. Building healthy routines now can help you feel your best, reduce your risk of illness and support your overall wellbeing throughout the year. Regular checkups provide an opportunity to discuss your health goals, review medications and receive personalized care from your doctor. Healthy routines extend beyond your doctor's office such as:

- Taking short breaks during the workday
- Spending time outdoors
- Aiming for a healthy diet
- Managing stress

If you have been putting off a preventive appointment, consider scheduling it now before calendars become busier. Review your vaccinations, refill any necessary prescriptions and take a moment to evaluate your current health habits.