

August 2026

Benefits NEWSWAVE

Hello August!

Most children will be back in the classroom within the next month. As you're enjoying the last weeks of summer, this is a great time to reset routines and make sure you have the support you need to start the school year off right. The article below provides tips for getting ready and reminds you of resources available to help you and your family thrive as you make the transition.

Back to School, Back to Routine

Preparation Creates Success

Whether your child is starting school for the first time or returning after a long summer break, the start of the school year usually means a big change. With a little preparation, though, you can help your child feel more confident and make the return to the school routine a better experience for everyone. Read [*Preparing Your Child for Back to School*](#) and [*Handling the Back to School Rush*](#) from Telus Health for specific suggestions.



Get Your Children Their Preventive Care

If your child participates in sports activities at school or is on a team, a physical exam by your health care provider may be required. Be sure you understand the requirements and get your visit(s) scheduled. In addition, your child may be required to have certain immunizations. Your school's website should have the details on vaccine requirements. More information about vaccinations can be found in "**The Wellness Corner**" section of this newsletter. If your children are covered under a Watts medical plan, most preventive care is covered at 100%.



Make Dinner Time a Little Less Hectic

Your children aren't the only ones in the family with new routines. Between shuttling kids back and forth to events, helping with homework and making time for parent-teacher meetings, you may find your own schedule a lot more demanding as the school year begins. Meal-prepping can help you save time and money, reduce stress and help you make healthier dinners overall. Read [***Dinner's Done! Meal-Prep 101***](#) for suggestions on getting started, different types of meal-prep, and where you can get additional support.

Pay Attention to Mental Health

Even with the best preparation, change can still be stressful. It's important to check in with children to see how they're feeling. These two articles can help:

- [***How to Support Your Teen's Mental Health in the New School Year***](#)
- [***Talk Less, Listen More***](#)

Don't forget that the [**Employee Assistance Program \(EAP\)**](#), offered through Telus Health, is available to you and members of your family, free of charge. The EAP can help you on topics such as parenting and childcare and also provide access to counselors who can help you and your family manage stress, anxiety, depression and other mental health challenges.

Here's to a happy, healthy, successful school year!

Wellness Corner

Vaccinations: Another Tool to Keep You Healthy

Vaccines can grant you stronger protection against certain diseases that can spread from one person to another and help prevent serious illness. Read [***Get Vaccinated, Stay Healthy: Learn More and Book Now***](#) to find out how to determine which vaccines are recommended for you and your children and where you can get vaccinated. All states have specific vaccine requirements for children to attend school in grades K-12, so it's a good idea to confirm your children meet these requirements before the start of the school year.

Healthy & Delicious: Recipe of the Month



Chopped Chicken Salad is a tasty way to use up left over rotisserie chicken. It makes a healthy meal for school and/or work lunches. It's also a painless way to add veggies to your diet.

Be prepared to offer healthy snacks at the end of the school day. Read **Three Veggie-Based Back-to-School Snacks** for delicious ideas that are sure to appeal to your pickiest eaters.



Did You Know?

You have a powerful tool at your disposal for improving and maintaining your health: **good sleep**! For optimal health, adults need 7 to 9 hours of sleep each night, and school age children need 8 to 12 hours, depending on their age.

Quality sleep can help you manage your weight and provide many other health benefits such as:

- Helping you manage your blood sugar
- Keeping your thinking skills sharp
- Enhancing your memory and mood
- Improving your productivity and performance at work (or school)
- Boosting your immune system
- Giving your muscles and body functions a much needed rest



Start the new school year off right. Read **17 Daily Habits for a Great Night's Sleep** from Teladoc for ideas on improving your own sleep habits and those of your children. For more information about the power of good sleep, visit the [Teladoc health library](#) and type "sleep" in the search bar.

Important Dates

Webinars & Events

Hinge Health Webinars

- **August 12: Ask a Physical Therapist Anything!**
1 p.m. ET / 12 p.m. CT / 10 a.m. PT
hinge.health/register-august2026
- **August 19: Hinge Health 101: Digital Physical Therapy for Pain Relief**
1 p.m. ET / 12 p.m. CT / 10 a.m. P
hinge.health/august2026-register

Progyny Webinar

August 12: Navigating Menopause in the Workplace: Learn about the impact of menopause in the workplace, strategies for symptom management, and available support resources to help you navigate this stage of life with confidence.
3 p.m. ET / 2 p.m. CT / 12 p.m. PT

For more information and to register, please read the [flyer](#), which contains the registration link.

SmartConnect Webinars

- **Medicare 101:** Get informed about Medicare basics: The parts of Medicare, styles of secondary coverage, enrollment periods, HSAs, and more.
 - **August 20:** 2 p.m. ET / 1 p.m. CT / 11 a.m. PT
 - **August 25:** 1 p.m. ET / 12 p.m. CT / 10 a.m. PT
- **Medicare While Working:** Find out what considerations should be a part of your decision when choosing group coverage or Medicare once eligible.
 - **August 12:** 1 p.m. ET / 12 p.m. CT / 10 a.m. PT

Register [here](#) for either or both SmartConnect webinars.