

Keep active and safe during vacations

According to the 2018 State of American Vacation survey, more than half of Americans leave vacation days on the table. Combined, that was 705 million unused vacation days. If you're on the fence about taking a vacation, know that they can help reduce stress, increase your relationship connections, improve your sleep and help you return to work more productive and creative.

Once you've chosen your vacation spot, make sure you stay healthy while you're there:

- Find ways to move
- Eat healthy
- Get your shots before you go, if recommended

Many vacations center around water, whether it's a swimming pool, lake or ocean. Make sure you plan ahead so you stay safe around the water. Be especially vigilant if you have children. Also, protect yourself from the sun's harmful rays with sunscreen, sunglasses and protective clothing.

It's also important to protect your personal information on your cell phone, tablet, laptop and other electronic devices. Following a few cyber safety rules will help you safeguard this valuable information.

Before you go:

- Back up your files
- Remove sensitive data
- Install a strong password

While traveling:

- Keep your devices secure when you're in public
- Hide your screens
- Watch out for public Wi-Fi:
 - Never make purchases on public Wi-Fi
 - Never pay to use public Wi-Fi
 - Change your passwords and PIN
- Turn off the "auto-join" function
- Ask for the exact Wi-Fi name
- Log in with the wrong password to check security
- Avoid public charging stations



Sources: ustravel.gov, takebackyourtime.org, health.com, newsroom.expedia.com, webmd.com, poolsafety.gov, cdc.gov, fcc.gov*

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