

Rub Some Dirt On it

When a classmate suffered a scraped knee on the playground, the common response was “rub some dirt on it,” and a kickball to the groin elicited such advice as “walk it off.” Even at an early age, people have been practicing “Self Care.” It turns out, those home remedies might have actual merit. According to a 2013 Popular Science article, the Biodesign Institute at Arizona State University presented a study showing certain clays contain antibacterial capable of killing a range of pathogens.

Yet again U.S. health care is in upheaval and employer-sponsored Wellness Programs are more relevant than ever. The basis of most programs is Self Care. Knowing how to stay healthy and avoid injuries at work is just as important as knowing how to take care of minor injuries yourself. Here are practical tips for Self Care:

CONSUME RIGHT Eat more fresh fruit and vegetables at meals. A serving of meat should be the size of a deck of cards. Taking vitamins won't cut it. Studies show the human body expels vitamins through waste faster than they can be absorbed. Get your vitamins naturally through fresh God-given foods and you won't need vitamin pills and you may reduce the need for corrective medicines.

MOVE MORE On a construction site, you may think you move more than someone who sits at desk all day. But what about positions like crane operators, dump truck drivers, and even welders? The industrial revolution made



KIDS ON A PLAYGROUND:
Employees of The Starr Group participate in the annual Office Olympics.

work easier, but it left generations who now pay to go to a gym for their fitness.

BE AWARE Pay attention to your surroundings. Wear protective gear such as hard hats, shatterproof eyeglasses, leather gloves and steel-toe boots. One way to stay healthy is by not putting yourself into risky situations in the first place. If your buddies have the sniffles, don't hang with them at the pub for hours after work.

ASSESS THEN ACT No one knows your body better than you. If you have an ache, don't ignore it. Troubleshoot “why” it hurts. Is it an old sports injury acting up? Did you slip at the worksite? Before taking an anti-inflammation pill, use the tried and true “RICE”:

Rest, Ice, Compress and Elevate.

KNOW WHEN TO GO Some guys think it's not “macho” to go to the doctor. For decades they've been told to “suck it up” or “take it like a man.” It would be careless to wait until an infection sets in to have an injury cleaned, dressed and examined by a professional. Waiting too long can add to medical expense, too. FYI: If the site of a wound gets red and grows more sensitive, if you feel tired or feverish, get medical attention.

In 2015, the Consumer Healthcare Products Association reported 10 percent of doctor office visits were unnecessary. The pricetag to U.S. employers was billions of dollars in lost productivity and noncore health costs. One thing is certain for U.S. health care: costs will continue to go up for EVERYONE, be it in medical expenses or lost wages.

The Starr Group offers its employees a completely Self-Funded Health Benefits package with a nationally recognized and award-winning Wellness Program. We have built a successful program of fun fitness opportunities and financial incentives to educate and support our employees on their road to Self Care Wellness. We can teach you how to incorporate the same type of progressive and cost-saving program into your business.

Self Care is a life-long commitment. Each of us has a responsibility to stay well for our families, for our employers and coworkers, and most of all for ourselves. 📌

Look at what **120** of **you** have accomplished with The Starr Group insurance program for NARI members!

We are proud to partner with Milwaukee/NARI Members and have the opportunity to support the future members of your organization through the Milwaukee/NARI Foundation.



For information on how YOU can contribute to this worthwhile program, contact The Starr Group today!

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