



Wellwaukee Newsletter



July 2026

Happy 250th Independence Day!

As we celebrate this historic milestone, don't forget to protect your skin while enjoying all the summer festivities. July is UV Safety Month — a perfect time to brush up on sun protection tips and check in on your skin health. Make an appointment at your Workplace Clinic for quick, easy care so you can stay healthy and enjoy the best parts of summer. To make an appointment, call us at 414-805-9959 or the F&MCW app.

Sun & Skin Safety

Your skin helps keep water in your body! Since your top layer of skin keeps you from “drying out”, it's important to take care of it. Protect your skin with sunscreen!

- **SPF 30 or higher**
- **Water resistant**
- **Broad-spectrum (UVA and UVB rays)**
- Iron oxide to better protect skin from developing dark spots
- **Apply a generous amount** of sunscreen, about an ounce. On your face, use enough to cover both the index and middle fingers
- **Apply every 2 hours** and immediately after swimming or sweating

Your body is mostly water, so replace fluids lost through sweating to stay energized, focused, cool, and support healthy joints.

How Much to Drink: Aim to drink half your body weight in ounces of fluids each day.

Example

- $150 \text{ pounds} \div 2 = 75 \text{ oz per day}$
- $75 \text{ oz} \div 8 = \text{about } 9 \text{ cups per day}$

Note: Up to 16 oz of caffeinated beverages can count toward your fluid goal.

Know the signs of heat illnesses!

Fresh Eating and Summer Produce

July is peak season for enjoying fresh, local foods in Wisconsin, making it possible to build almost an entire meal from locally grown produce. One easy way to incorporate this into your daily meals is by visiting local farmers' markets or “pick-your-own” farms. The Centers for Disease Control recommends eating at least five fruits and vegetables each day, but why limit yourself in the season while availability is fresh and local?

Many farmers markets accept food assistance benefits. Some even **double the value of food assistance dollars** (especially for fruits and vegetables) which helps those benefits go further. Learn more about FoodShare at farmers' markets.

Resources: Seasonal Availability of Wisconsin Fruits and Vegetables and What's in Season in Wisconsin? Local Seasonal Produce



Fun Fact: July is National Blueberry Month! These antioxidant-rich berries are a low-calorie addition to your summer diet – about 80 calories per cup.

UHC Has Your Family Covered This Summer

Articles:

- Supporting kids' overall well-being in a transition back to school
- Prioritizing your child's mental health for a new school year
- 3 checkups to help set you child up for school success

Presentations:

- Skin Health 101
- Summertime Health United at Work
- Hydration and Healthier Beverages

Adventure Awaits — Travel Protected This Summer

Summer brings adventure, vacations, and time away with family and friends, but don't forget to protect yourself while traveling.

With [Assist America's global emergency assistance services](#), complimentary services provided to all active City of Milwaukee employees and their covered family members have access to support when traveling more than 100 miles from home or outside the country for up to 90 days.

From medical assistance to travel emergencies, help is available when you need it most. Download the Assist America Mobile App and use Reference Number:
01-AA-SUL-100101



Health and Wellness Resources

- **Does your child need a sports physical?** Visit the [City of Milwaukee Workplace Clinic!](#)
Call 414-777-3413 | my.froedtert.com.
- **Health Coaching & Registered Dietitian (FREE):** One-on-one coaching for heart health, diabetes prevention, weight, and more. Call 414-777-3410 to register.
- **Need extra support while school is out?** [Child and Family Behavioral Coaching \(Bend\)](#): Personalized, goal-driven, evidence-based support for children, teens, and caregivers ages 1–25, provided by trained coaches under clinical supervision.
- **One Pass Select (Gym Discounts via UHC):** Access to a nationwide fitness network at reduced rates. Check myuhc.com for participating gyms near you.

Summer Brings Festivals, Backyard Cookouts, Outdoor Sports and OWI Arrests

By Cris Zamora,
Onsite EAP Coordinator

Enjoy Milwaukee this Summer without the emotional, psychological, and financial consequences of operating while intoxicated arrest.

- **Leave your car at home.** If you do not bring your vehicle to the event, you eliminate any late-night temptation or excuse to drive
- **Designate a true sober driver:** Ensure your group establishes a designated driver who commits to consuming **zero alcohol** all night
- **Set up a lodging backup plan:** Ask your host ahead of time if you can stay over, or book a room at a nearby hotel within walking distance
- **Order a mocktail or non-alcoholic beer first:** If you are at a bar or restaurant, ordering a non-alcoholic drink first lowers the social pressure for everyone else at the table
- **Alternate with water:** Drink one full glass of water between every alcoholic beverage to combat summer heat and slow your drinking pace
- **Remember watercraft laws:** Driving under the influence applies to the water too; boating under the influence is illegal in all 50 states
- **Shift the party focus:** If you are hosting, center the event around outdoor games, music, or food rather than making alcohol the main attraction
- **Cut off service early:** Stop serving alcoholic drinks at least one hour before the event ends to give your guests' bodies time to safely metabolize what they drank

Raspberry Mint Infused Water

Raspberries create a sweet, flavorful infused water that turns a soft pink, making it perfect for impressing friends and guests.

Recipe for a 32-ounce container:

- 1-2 stems of mint, leaves attached 5-7 fresh raspberries, washed
- Fill jar with still or sparkling water
- Chill in the refrigerator for 4 hours or overnight

Helpful Hint: Keeping the leaves attached prevents the mint from getting in your mouth if you choose to drink this water without straining it. For more raspberry flavor, muddle the raspberries and strain before serving.

