



### Halloween can be Spooky... for Your Pets!

While you are accompanying your children trick-or-treating and examining their candy, don't forget about that four-legged member of your family on Halloween! Here are some tips to keep Rover and/or Tabby safe:

- Remember that chocolate is poisonous to animals, particularly dogs. Do not ever share candy with them.
- Make sure candy wrappers are picked up. They can get stuck in your pet's throat if he/she gets too curious.
- Contain the flames! If your dog has a wild-wagging tail, do not put lighted pumpkins within its reach. Also, always supervise your pets in a room with candles – not only could they start a fire, they could burn themselves severely.
- Pay attention to their comfort level. Some pets do not mind being dressed up, but others are very sensitive to foreign objects on their bodies. If you must make your pets wear a costume, do them a favor and make sure it is not bothersome.
- If you have a party, put your pets in a separate room with a closed door, unless they are used to being around loud noises and many people.

- Watch the door when handing out candy to trick-or-treaters. You don't want your pets suddenly running outside.

### Benefits Checkup

It is crucial to stay in the know about your benefits! Here are some quick tips:

- During open enrollment, take the time to customize your benefit choices; don't simply accept the default selection your company may make for you.
- Did your lifestyle change? Are you now married, divorced, or a parent? Be vigilant about updating your benefits to reflect these changes.
- Every so often, review your benefits plan. You may be in perfect health today, but an emergency could occur tomorrow. Be aware of what your plan covers and what costs you may incur in such a situation.
- Consider a Flexible Spending Account (FSA). This covers all eligible health care expenses using pre-tax dollars. FSAs cover a wide range of items that you typically buy anyway, such as prescriptions, bandages, and over-the-counter meds. Plus, you save money!





## Aller-geez!

It's the dreaded fall allergy season, but some suffer from allergies year-round. Could it be the city you live in? Check out weather.com's list of the top 10 Worst Allergy Cities of 2008!

- 10) San Diego, CA
- 9) Little Rock, AR
- 8) New Orleans, LA
- 7) Birmingham, AL
- 6) Knoxville, TN
- 5) Jackson, MS
- 4) Augusta, GA
- 3) Johnson City, TN
- 2) Greensboro, NC

And the #1 worst city for allergies?  
Lexington, Kentucky!

*Ratings based on pollen count, medication usage and the amount of board-certified allergists per patient.*

## Hit the Road!

Looking for a route to fitness? Log on to [www.prevention.com/mywalkingmaps](http://www.prevention.com/mywalkingmaps) for an easy mapping tool to create a customized walking or running route in your neighborhood. In addition to your ability to make a customized walking or running route, you can track your distance, pace and your calories burned. Walking and running outdoors can be a great way to get fit and stay healthy. This online mapping tool provides a route that is close to your home or work, and suits your fitness goals. It's as easy as **1-2-3-click!**

## Did You Know...?

Eating a healthy breakfast...

- Improves coordination
- Reduces late-morning fatigue
- Increases alertness and concentration
- Helps to avoid weight gain
- Improves academic performance

Furthermore, fat-burning processes are most active in the morning, and fat-storing processes most active at night. All the more reason you (and your family) should eat a good breakfast! For some ideas, see the meals below!



## Easy BreakFASTs

Do you consider the drive-through the fastest way to get your morning meal? Well stop right there and keep these three ideas in mind; you will feel fully satisfied AND maintain a healthy diet!

- 1) Two slices of whole-grain toast with natural peanut butter, a piece of fruit such as a banana or apple, and a glass of skim milk
- 2) A hard-boiled egg (remember to cook the night before), a grapefruit and a breakfast bar (check for high protein content, low calories and low sugar)
- 3) One cup of fat-free yogurt and half a cup of instant oatmeal cooked with skim milk

***Health and Wellness tips for your work, home and life – brought to you by the insurance and healthcare specialists at Plan Benefit Analysts.***