

### Fall 2019 Highlights

- \* **New Topic**
- \* **3<sup>rd</sup> Quarter Winners**
- \* **FutureHealth is Expanding**
- \* **Back to School – Hosting Health Fairs**
- \* **Upcoming Health Observances**

### *Did you know?*

About 12% of people dream in black and white.

### **New Topic Coming Soon**

Every year FutureHealth puts out a new topic for its members. This year, we have decided to create our next documentary on sleep deprivation. We sent out a survey before the American College Health Association's annual conference to see what issues campus health resources were seeing. Without a doubt, sleep deprivation was a huge issue. We hope to release this new topic during winter break. Look out for updates!

### **3<sup>rd</sup> Quarter Winners**

Congratulations to this quarter's winners!

***Mileily Fernandez, American International College, \$50 Visa Gift Card***  
***Guerrero Suley, American International College, \$50 Visa Gift Card***  
***Katherine Sanchez, Santa Clara University, \$50 Visa Gift Card***

By participating in our program you can earn *hearts* and become our next winner.

### **FutureHealth is Expanding**

FutureHealth is dedicated to serving its clients and members the best we can and as such, we try to think of new ways to enhance their health and wellness experience. We've recently added A Student Assistance Program (ASAP) to our products. ASAP is a combination of our classic online program and a 24/7 toll-free confidential hotline.

This hotline can help students with any issue, big or small. We've been getting a lot of great feedback from clients and members alike. If you're interested in learning more or scheduling a demo, please contact Mike Hmurcik at [MHmurcik@fhsmail.com](mailto:MHmurcik@fhsmail.com) or Gina at [GWarga@fhsmail.com](mailto:GWarga@fhsmail.com).

### **Back to School – Health Fairs**

Students are arriving on campus for the start of classes and a great way to convey health service information to them is by hosting a health fair. Many college campuses host health fairs at the beginning of the semester so students can understand what benefits are available to them.

This is a great way for students get familiar with their school and classmates. Inviting therapy dogs is a great idea to help reduce stress for student but more specifically freshman students who may feel anxious.

### **Upcoming Health Observances**

**January** – Cervical Health Awareness Week, National Stalking Awareness Month, National Winter Sports Traumatic Brain Injury Awareness Month, National Drug and Alcohol Facts Week.