

EMPLOYEE HEALTH

Extreme Heat: Resources and Support

With heatwaves sweeping the country, take steps to stay safe and healthy. If you or your loved ones need guidance on facing extreme heat, visit [Ready.Gov/Heat](https://www.ready.gov/heat) for more information. The following organizations offer more information and assistance.

American Red Cross

- ▶ [Deadly Heat Covers Much of US—Follow Red Cross Safety Steps](#)
- ▶ [Extreme Heat Safety](#)
 - ▷ Learn how to stay safe during a heat wave and how to treat heat-related illness like heat exhaustion.
- ▶ Phone assistance: **1.800.RED.CROSS (1.800.733.2767)**
- ▶ [Red Cross Mobile Apps and Voice-Enabled Skills/Actions](#)
- ▶ [Find Open Shelters](#)
- ▶ [Contact Loved Ones](#)

Government and Other Resources

- ▶ [Heat | DisasterAssistance.Gov](#)
- ▶ [2-1-1](#)
 - ▷ Phone assistance **2-1-1** for help locating clothing, food, or resources for your family, 24/7.
- ▶ [Salvation Army Location Search](#)

Preparedness and Recovery

- ▶ [Extreme Heat | Centers for Disease Control and Prevention \(CDC\)](#)
 - ▷ Helpful tips, information, and resources to help you stay safe in the extreme heat this summer. Includes special tips for athletes, individuals with chronic medical conditions, infants and children, low-income households, older adults aged 65+, and outdoor workers.
- ▶ [Heat and Infants and Children | CDC](#)
- ▶ [Extreme Heat | Environmental Protection Agency \(EPA\)](#)
- ▶ [Extreme Heat | FEMA](#)
- ▶ [Heat: A Major Killer | National Weather Service](#)
- ▶ [Heat Safety Tips and Resources | National Weather Service](#)
- ▶ [What Is the Heat Index? | National Weather Service](#)
- ▶ [Keep Pets Safe in the Heat | The Humane Society of the United States](#)

LifeServices EAP

Upcoming Topics Include:

- ▶ Boosting Your Brain Power (August 9)
- ▶ Getting Outside Your Comfort Zone and Trying New Things! (August 23)
- ▶ Cultural Myths in Media: Fact or Fiction (September 13)
- ▶ Coach your Child to Manage their Emotions (September 20)

To register or view recorded webinars, please visit:

<https://allonehealth.com/webinars/>
Usercode: **LS0201**



New Online Open Enrollment Checklist

- 10/16/2023 through 11/10/2023
- Enrollment through Munis ESS (QR link below)
- REQUIRED to make an election to enroll or decline
- No Dependent information will transfer to new enrollment
- Prepare to enter dependent Social Security Numbers and birthdates
- Contact payroll if Munis ESS password needs reset
- New FSA vendor for 2024 plan year
- New FSA cards will be issued

<https://murfreesboroemployees.muniselfservice.com>

