

LIVE WELL. WORK WELL.

MARCH
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HEALTH & WELLBEING TIPS FOR YOUR WORK & LIFE

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Understanding Your Kidney Health

March is National Kidney Month; a great time to take charge of your health to lower your chances of developing kidney disease. Your kidneys filter your blood to remove waste and extra water to create urine. They also make vital hormones that produce red blood cells, promote bone health and regulate your blood pressure. As such, the kidneys play a vital role in your body.

Risk Factors

Today, 37 million Americans are affected by kidney disease—and most won't have symptoms unless their kidneys fail. There are numerous physical signs of kidney disease, but most people attribute them to other conditions. If you have one of these risk factors, you may be at risk for kidney disease:

- High blood pressure
- Heart disease
- Diabetes
- Being overweight
- Family history of kidney disease

It's even more critical to understand your kidney health amid the pandemic. Kidney disease increases your risk of developing life-threatening complications from COVID-19.

Kidney-friendly Tips

Your kidneys work hard for you, so it's essential to take good care of them. Consider the following tips:

- **Get tested.** Regular screening for kidney damage or disease can help you keep track of your kidney's health and help prevent future damage.
- **Reduce over-the-counter drug usage.** Nonsteroidal anti-inflammatory drugs (e.g., ibuprofen) can cause kidney damage if taken regularly, so never exceed the recommended dosage.
- **Exercise regularly.** Exercising helps lower your blood pressure and boost heart health—both critical factors in preventing kidney damage. Focus on being active for at least 30 minutes a day.
- **Eat a healthy diet and monitor your weight.** Choose a low-sodium diet, avoid processed meats and focus on fresh ingredients like cauliflower, blueberries, fish and whole grains.
- **Drink plenty of fluids.** Water helps flush sodium and toxins from your kidneys. It's recommended that men should get about 15 ½ cups of fluids each day, and women need about 11 ½ cups.

Contact your doctor for more information about kidney health and warning signs.

CUCUMBER YOGURT DIP

Makes: 6 servings

INGREDIENTS

- 2 cups yogurt (plain, low-fat)
- 2 cucumbers (medium, peeled, seeded, and grated)
- ½ cup sour cream (non-fat)
- 1 tbsp lemon juice
- 1 tbsp dill (fresh)
- 1 garlic clove (chopped)
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup carrots (baby)

PREPARATIONS

1. Peel, seed, and grate one cucumber. Slice other cucumber and set aside.
2. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
3. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with cucumber dip.

NUTRITIONAL INFORMATION (per serving)

Total calories: 94
 Total fat: 2 g
 Protein: 6 g
 Sodium: 109 mg
 Carbohydrate: 15 g
 Dietary fiber: 2 g
 Saturated fat: 1 g
 Total sugars: 9 g
 Source: MyPlate

The Science of Snacking

For some people, snacking can be an important part of a healthy diet, depending on how much and what types of snacks are eaten. Instead of grazing all day, add a snack between meals if you are hungry. The right snacks may offer these benefits:

- **Energy boost.** Keep your energy consistent and fuel for exercise with a balanced snack.
- **Nutrient boost.** Create nutrient balance by adding nutrient-dense snacks like fruit, vegetables and nuts.
- **Steady blood sugar.** Keep your carbohydrate intake consistent and balance with lean protein and/or heart healthy fat to avoid a blood sugar dip three to five hours after eating.
- **Consistent portions.** The right snacks can keep you satisfied and decrease the odds of overeating at mealtime.

Try incorporating the five healthy desk snacks below, or try the cucumber yogurt dip to the left.

5 Healthy Workday Snacks



Almonds—
1.5 ounces
or about
35 nuts



**Greek yogurt
parfait—**
1 cup yogurt
with ½ cup
berries



**Berries and
cheese—**
½ cup berries with
low-fat
string cheese



**Apple and
nut butter—**
1 apple with
1 Tbsp. nut
butter



**Veggies and
hummus—**
About 8 baby
carrots with
4 Tbsp. hummus

Preparing for Tax-filing Season

Tax season is here, and if you haven't done so already, it's time to gather the information you need to file your 2021 tax returns. The federal tax deadline is April 18, 2022.

Some people elect to file their tax returns electronically and others choose a paper form. There are a variety of tax preparation software programs to help you file your taxes, or you can consult with a tax return professional. The IRS has a page dedicated to tax information for individuals; visit <https://www.irs.gov/individuals> for more information.

If you have specific questions about filing your taxes, including what documentation you will need, consult with a tax return professional.

