



Put Your Best
Face Forward



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Probing Aspirin's
Benefits

THE HEALTH KICK

2025

Put Your Best Face Forward 5 Tips for Better Virtual Business

(Family Features) Spending a good portion of each day on camera is no longer a job description reserved for the rich and famous. Working professionals across a wide range of industries spend more time than ever on video chats and virtual meetings.

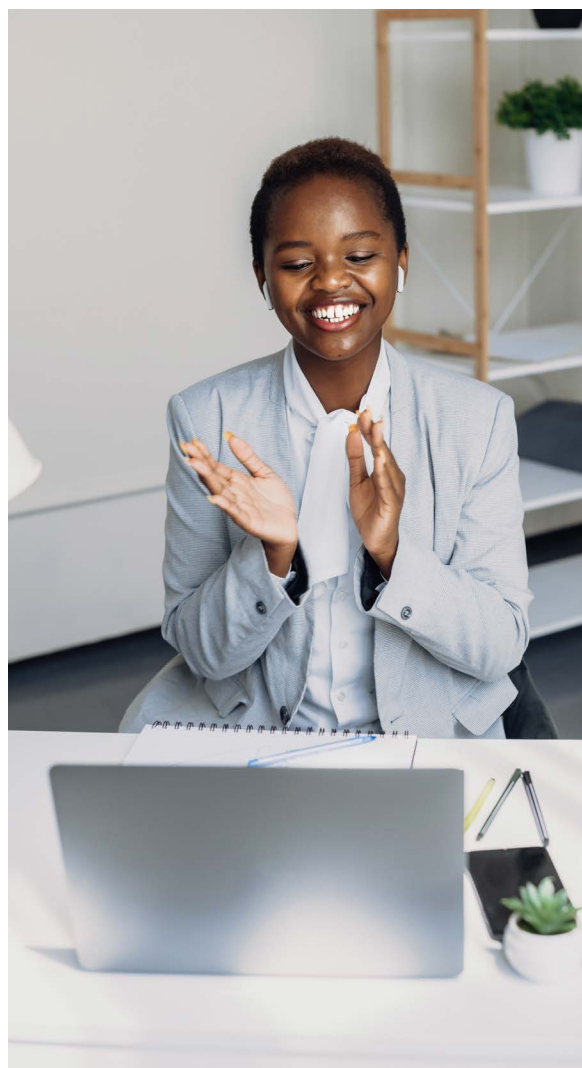
The ultra-connected working world has distinct advantages, especially for those who wish to work from the comfort of home, but the connectivity comes with a price. While meeting fatigue is a familiar workplace challenge, video fatigue brings a new layer of challenges, including the pressure of always being “on” with a camera sitting mere

inches from your face.

Avoid exhaustion, burnout and digital eye strain from a rigorous video meeting schedule with these tips from ZEISS Vision Care:

Avoid digital eye strain:

Back-to-back virtual meetings can leave your eyes dry and exhausted. The most important consideration in protecting your eyes is taking frequent breaks. Experts recommend the 20-20-20 rule: look at something 20 feet away for 20 seconds every 20 minutes. This lets your eyes rest and minimizes the physical and mental exhaustion of screen time.





in a safe place, and if you share your workspace, consider closing your door and hanging a sign that indicates a meeting is in progress.

Be mindful of lighting and angles:

Lighting that comes from behind your screen will illuminate your face without awkward shadows. Avoid overhead lights or a table lamp behind you if possible. When it comes to setting your camera, be sure it sits at eye level or slightly above for the most flattering angle. A good rule of thumb is to have the same portion of your upper body (head and shoulders) visible as you would in a traditional head shot photo so your colleagues don't have a close-up of your face the entire meeting.

Create a comfortable setting: There's nothing worse than realizing halfway through an important meeting you're either too hot or too cold. Rather than visibly disrupting the meeting, make sure you have what you need to adjust your climate in easy reach, such as a fan you can flip on or a blanket you can pull over your lap. Invest in a chair you're content to sit in for extended periods of time, and if you're prone to fidgeting, be sure to get up and move around before your meeting starts.

Look your best: It's human nature to worry about your appearance on camera, so take a few minutes before the meeting to smooth your hair and straighten your collar. Wearing video-ready attire and accessories can put you ahead of the game. One example is incorporating subtle style such as eyeglasses featuring ZEISS DuraVision Gold UV AR. This high-clarity, anti-reflective lens coating has a striking gold residual reflectance that radiates luxury, elegance and sophistication. The coating also offers several functional advantages including durability, improved cleanability, reduced blue light reflections and enhanced clarity in low-light conditions.

Eliminate disruptions: It's not easy to stay focused and engaged in a video meeting when you have noise and disruptions in your background. In fact, it's a good way to get flustered. Turn off your music and mute your phone. Put curious cats and friendly pups

For more advice on protecting your vision, visit zeiss.com/vision.





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Probing Aspirin's Benefits | Exploring its Role in Prevention

You've probably taken aspirin for pain or a fever. But some people take a low dose of aspirin every day. It can reduce the risk of cardiovascular events like heart attacks and strokes. Now, scientists are learning that aspirin's effects differ based on a person's age and overall health.

Aspirin helps prevent heart attacks and strokes by keeping platelets from clumping. Platelets are tiny pieces of cells that help slow or stop bleeding by forming blood clots. But preventing blood clots from forming can make bleeding more likely. That means the health benefits of daily aspirin don't always outweigh the risks.

Studies have shown that a daily low-dose aspirin doesn't benefit everyone. For example, one study looked at older adults who took aspirin regularly for five years. It found that older adults taking aspirin did not live any longer without a disability than those who did not take it. And, taking a daily aspirin led to more bleeding episodes.

Recently, experts stopped recommending low-dose aspirin for preventing cardiovascular problems in adults over 60. For adults aged 40 to 59, they recommend low-dose aspirin be based on a person's heart disease risk.

"If you don't have a condition that puts you at risk from clotting, then there's really no rationale for inhibiting platelets with low-dose aspirin," says Dr. Sean Patrick Heffron, a preventive cardiologist at NYU Langone

Health. "There are some people for whom a reduction in clotting can really be a problem. For example, older people who are prone to falls."

But some people are at higher risk for getting a clot. These include those who have a heart stent or have had a heart attack in the past.

Excess weight raises the risk for heart problems. But it turns out low-dose aspirin doesn't work well for prevention as your weight goes up.

"The use of low-dose/baby aspirin in someone who hasn't had a heart attack may be beneficial, but only in those with a relatively low body weight," Heffron says. "Those who are of heavier body weight don't show that benefit."

Heffron's team has been trying to understand why that is. Experts thought that people who carry extra weight might need more aspirin to prevent clots. But Heffron's team showed that's not the case. Aspirin's effects on platelets were about the same regardless of a person's weight.

The team is now testing another use for aspirin: lowering inflammation. Inflammation is your body's natural response to injury or infection. But chronic inflammation can lead to health problems.

"Obesity leads to long-term inflammation that doesn't resolve," Heffron says. "That may keep a person with a heavier weight at elevated risk for a heart attack or stroke."

The team is looking at whether aspirin's ability to lower inflammation varies with a person's weight. Meanwhile, other research teams are exploring aspirin's potential to reduce the risk of certain cancers, preterm birth, and more.

"Aspirin deserves a lot more study," Heffron says. "While aspirin's use for cardiovascular disease may have fallen off in recent years, the potential for its use in other areas may be increasing. There's still a lot to learn for sure."

Be sure to talk with your doctor before taking aspirin regularly.

Article reprinted from NIH-News In Health

Heart Health Beyond Aspirin

Low-dose aspirin isn't the only way to keep your heart healthy.

- **Don't smoke or quit smoking.** Get free help at smokefree.gov, 1-800-QUIT-NOW (1-800-784-8669), or text QUIT to 47848.
- **Get physical activity regularly.** Experts recommend adults get at least 150 minutes of moderate-intensity activity per week.
- **Eat a heart-healthy diet.** Learn more about healthy eating plans.
- **Stick to a healthy weight.** Carrying extra weight can increase the risk of certain health conditions.
- **Get enough quality sleep.** Aim for 7–9 hours of sleep a night.
- **Manage your stress.** For tips to improve your well-being.
- **See your doctor for regular health screenings,** including blood pressure and cholesterol.



NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of MyHealth & Wellness Association will be held at 12444 Powerscourt Drive, St. Louis, MO 63131, on Wednesday, November 5, 2025 at 11:00 am (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY

MyHealth & Wellness Association November 5, 2025 Annual Meeting of Members THIS PROXY IS SOLICITED ON BEHALF OF MYHEALTH & WELLNESS ASSOCIATION

The undersigned member of MyHealth & Wellness Association does hereby constitute and appoint the President of MyHealth & Wellness Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of MyHealth & Wellness Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:
Kim Tuttle, Tom Ebner, and Frank Lowe
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2025

Signature _____

Name (please print) _____

Please date and sign and return promptly to 12444 Powerscourt Drive, St. Louis, MO 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

St. Louis, Missouri
October 1, 2025

MyHealth and Wellness Association (MWA) is a non-profit organization serving the goals and needs of all members from across the nation. MWA has been dedicated to providing benefits and resources to help its members with consumer, travel and health-related benefits, as well as advocacy opportunities, so they can have a voice on issues to positively impact their lives. Despite challenges from the economy and a health care landscape that offers an uncertain future, MWA is focused on assisting its members in any way possible and growing into a leader for the health conscious.

At MWA we seek out quality benefits, services and resources to help members thrive by reducing costs and taking control of both their personal and financial health. With the group buying power of an Association, MWA members receive discounts on health, business and even consumer products and services. In addition, we strive to provide our members with valuable information relevant to your life. MWA shares information on business, finance, wellness, lifestyle, nutrition, philanthropy and more through our newsletters, website and emails.

Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment. Consult your doctor before starting any exercise program.

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