



Sip Smarter: Debunking Common Hydration Myths

LOOKING AHEAD...

Sign Up to be a Wellness Champion!

Promote wellness and serve as a resource for the RCAB Wellness Program and Health Plans at your worksite and earn up to \$150 into your HealthEquity HRA or HSA!

MoveSpring August Challenge: Hydration Hero

This month you are challenged to drink at least 64 ounces of water for 26 days.

Wellness Webinars

Learn how to set boundaries for your well-being, set healthy social media limits for your children, and complete a mid-year check-in on your financial goals.

The Recipe Corner

A delicious melon agua fresca packed with electrolytes to help you stay cool and hydrated.

This newsletter will continue to include timely information on health and wellness but will also feature news, tips, and updates on a variety of benefits topics. If you would like to see a particular topic covered, send us your ideas at benefits@rcab.org.

As temperatures rise, so does the importance of staying hydrated. But with the summer heat comes a flood of misinformation about how much water we really need. Does everyone need 8 glasses of water a day? Is your morning coffee dehydrating you? Let's clear up a few common hydration myths to help you stay safe and refreshed all season long.

Myth 1: You need 8 glasses of water a day.

Fact: Water is one of the healthiest things you can put into your body, roughly 60% of which consists of water. However, [eight glasses a day may not actually be based on science](#). Hydration needs vary by person. Factors like age, activity level, and climate all play a role. The commonly recommended eight glasses should be taken as a basic guideline. You should drink water (and other fluids), being conscious of how much you're sweating, exercising and most importantly, how thirsty you are. Plus, a large portion of your fluids should come from water-rich foods, like fruits and veggies! In addition to thirst, urine color is a good indicator of hydration status. Aim for pale, straw colored urine. Dark yellow /amber color = dehydration. Be mindful that some medications and vitamins affect urine color. If you are always thirsty no matter how much you drink, speak to your doctor as this could be a [sign of prediabetes or diabetes](#).

Myth 2: Coffee makes you dehydrated.

Fact: While coffee does have a mild diuretic effect, moderate coffee consumption doesn't lead to dehydration. Since coffee is mostly water, moderate amounts of coffee actually count towards your fluid intake! So, there's no need to skip your morning cup of joe—just be sure to include caffeine-free fluids throughout the day to stay well hydrated.

Myth 3: Electrolyte rich drinks are best after exercise.

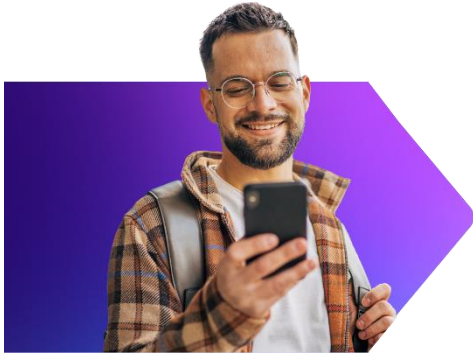
Fact: Unless you're doing intense or prolonged activity for more than an hour, plain water is usually enough. If you are sweating heavily or exercising intensely for more than an hour, consider a sports drink or electrolyte supplement. Natural alternatives include coconut water with a pinch of salt or the agua fresca recipe on page 4 in our Recipe Corner!

Myth 4: You can't have too much water!

Fact: This is rarely an issue for most adults, but it is possible to drink too much water. Over-hydration dilutes our blood, decreasing the levels of sodium and other electrolytes which can cause serious health issues or be fatal. Balance is key! [Signs of over-hydration](#) include frequent urination, clear urine, nausea/vomiting, confusion/dizziness, headaches, fatigue, and more.

This summer, beat the heat and stay safe with smart hydration habits—not myths. Your body will thank you!

Coming Soon: Upcoming Changes to HealthEquity Account Access



HealthEquity, the vendor that administers your Health Reimbursement Arrangement, Health Savings Account, and/or Flexible Spending Account (for eligible employees at only limited locations), recently announced that they will replace the current password method to access accounts with mobile passkey authentication. HealthEquity is launching this new passkey method to enhance protection from fraud, streamline the log in process, and help prevent lockouts. Starting sometime in the Fall, passkeys will be required for all HealthEquity logins to web, mobile, and member resources support.

To get ready for this change, log in to your HealthEquity [online account](#) (on a desktop) to add or update your mobile phone number, which is required to set up a passkey. If you don't have a phone number on file, you will be locked out of your account. If you haven't set up your online HealthEquity account, visit [HealthEquity's login help page](#) to get started. Also, make sure that your email address is updated so that you can receive future email notifications from HealthEquity regarding this change to help guide you through the setup

For more information, check out the HealthEquity [Member Resource Hub](#). You may also contact HealthEquity's support team at 844.373.6979 for passkey setup assistance or login questions.

Become a Wellness Champion!



The Benefits Department is looking for Wellness Champions!

A Wellness Champion is an employee who is passionate about promoting wellness and serves as a resource at their worksite for the RCAB Wellness Program and Health Plans.

Earn up to \$150 into your HealthEquity HRA/HSA based on satisfactory levels of engagement. Attend online meetings on the first Wednesday of every month from October to June. To sign up, register [here](#) by September 15. For questions about being a Wellness Champion, please email benefits@rcab.org.

RCAB Wellness Program Reminder

The RCAB Health Benefit Trust provides financial incentives to active employees and spouses enrolled in one of the RCAB Health Plans for completing wellness activities outlined in the [Wellness Program flyer](#). These activities encourage you to adopt a healthy lifestyle.

As a reminder, as of July 1, if you are enrolled in the Enhanced or Basic Health Plan, you must earn \$500 through participation in the 2025-2026 Wellness Program before new HRA dollars are deposited into your HealthEquity HRA account. If you are enrolled in the HDHP, you are not subject to this change.

To learn more, please visit catholicbenefits.org/wellness.



Wellness Webinars



Setting Boundaries for Well-Being: The Art of Assertiveness

Use access code **RCAB** to view the webinar.

[Thursday, August 7: 11-11:30 a.m.](#)

Do you ever say “yes” when you really want to say “no”? Maybe you struggle to speak up or feel guilty setting limits with others. If so, you’re not alone. Join the Learn to Live clinical team to explore the four communication styles, how to practice assertiveness, and ways to create healthy boundaries that protect your well-being and allow you to live your life more fully.

Raising Future-Ready Kids 3: Empowering Parents in a Social Media World

Use access code **RCAB** to view the webinar.

[Wednesday, August 27: 12-12:30 p.m.](#)

Do you ever feel like you're sailing on stormy seas when it comes to your kids and social media? In a world where kids are getting more depressed, more anxious and more isolated, there's a clear link, and parents may be the key to turning the ship around. In this webinar, the Learn to Live clinical team will share common challenges parents face today and offer simple, research-backed tips to help you set healthy tech limits—while still giving your child room to explore.

6 Tips for a Mid-Year Check-In

Accessible to employees participating in the Voya 401(k) retirement plan.

[Tuesday, August 12: 10:00 a.m. and 2:00 p.m.](#)

[Tuesday, August 26: 12 p.m. and 3:00 p.m.](#)

Join Voya Financial to review six easy tips to keep your finances on track for the rest of the year.

Webinar Recordings

View the recorded webinars from last month!



PLAY NOW!

[Overcoming Obstacles: CBT Strategies for Minority Mental Health](#)

[Resisting the Pressure to be Perfect](#)

Use access code **RCAB** to access recordings.

MoveSpring

August Challenge: Hydration Hero



Drinking water boosts energy levels, flushes out toxins, aids in weight management, assists with digestion, and supports cognitive function. Commit to drinking at least 64 ounces of water for 26 days this month, and you will feel refreshed!

Employees and spouses enrolled in the RCAB Health Plans may [click here](#) or scan the QR code to join by August 7.



Earn \$50 into your HealthEquity HRA or HSA (subject to Plan Year maximums) when you complete this Challenge!

THE RECIPE CORNER

Melon Agua Fresca

Recipe provided by Wellness Concepts

Ingredients

- 4 cups cubed, seeded melon such as watermelon or honeydew - strawberries and cucumber are also delicious!
- 3 cups cold water
- 1-2 Tbsp lime juice
- 1 Tbsp sweetener such as honey or agave, to taste
- 1/8 tsp salt (optional)
- Chia seeds (optional)
- mint leaves (optional)

Preparation

1. Combine chopped fruit, 1/2 cup of the water, lime juice, 1/8 tsp salt and sweetener of choice in a blender until smooth.
2. Strain the mixture into a pitcher through a fine-mesh sieve (this is optional and will result in a smoother drink.) Stir in the rest of the water.
3. Chill. When ready to serve, pour over ice in glass, optionally adding to each glass 1 tsp chia seeds and a couple of mint leaves.



In health,

Roman Catholic Archdiocese of Boston Benefits Department