



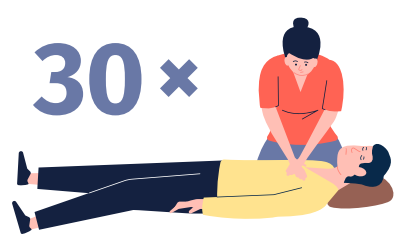
CPR Basics

According to The American Heart Association, 350,000 people in the U.S. die from cardiac arrest each year, and immediate CPR can double or triple a person's chance of survival.

Someone may need CPR if they collapse, are unresponsive, stop breathing, and you cannot locate a pulse.

To administer CPR:

1. Look around and ensure it is safe for you to perform CPR.
2. Check for breathing or responsiveness.
3. Call 911 or ask someone to call while you begin performing CPR.
4. Place the person flat on their back on a firm, flat, and stable surface.
5. Deliver chest compressions, pushing down 2 inches at 100–120 compressions a minute.
6. Open the airway and blow two big breaths into the mouth while pinching their nose.
7. Repeat 30 chest compressions followed by two breaths until help arrives.



Immunization Updates

Earlier this year, the Centers for Disease Control and Prevention (CDC) updated their recommended immunization schedules for children, adolescents, and adults in 2024.

- **Respiratory Syncytial Virus (RSV):** Now recommended for people who are pregnant (between 32 and 36 weeks) and older adults (aged 60 and above).
- **Mpox:** Recommended for anyone 18 and older at risk for infection. More than one dose is required.
- **Meningococcal:** The pentavalent option is now recommended because it targets five bacterial strains that cause blood poisoning and meningitis.
- **Influenza:** Recommended annually for adults, and the CDC suggests adults 65 years or older receive a higher dose.
- **COVID-19:** The updated COVID-19 vaccine targets strains of the virus found circulating in communities (such as Omicron XBB.15).

BENEFIT SPOTLIGHT



Palliative Care

Palliative care provides additional support when you're dealt a life-altering diagnosis and is often done in tandem with curative treatment.

A palliative care team may consist of medical professionals and specialists — such as doctors and nurses — who help with symptom management, as well as social workers, chaplains, and financial advisors. A palliative care team can also help connecting you with support groups, organizing and coordinating caregiving responsibilities, and seeking out community resources.

There isn't a set time when palliative care is offered, so you can seek out care early on (often once a diagnosis is received) to help plan for what is to come. The World Health Organization states, "early delivery of palliative care reduces unnecessary hospital admissions and the use of health services." Review your medical plan documents to see what palliative care options are covered by your plan.

