



5

You may be worth more than you think!

Did you receive your Total Rewards Statement? If you have been a full-time associate for more than six months, your statement was mailed to your home address in late June. Be sure to check it out; it's the big picture of all you receive from the Company as an associate. Pay, benefits, retirement—it's got it all! Questions about your statement? Contact HR Solutions, **1-800-690-7655, ext. 3012, option 5**, or email hresolutions@dcs.com, Monday through Friday, 7:00 a.m. to 7:00 p.m. ET.

Struggling with alcohol and substance abuse? Help is available.

Summer means parties. But when occasional partying turns into a daily event, there's a problem. If you or your dependents struggle with alcohol or substance abuse, help is available through our medical plans and the EAP.

As a reminder, the Company has a very clear policy when it comes to alcohol and illegal drugs. **Bottom line:** Possessing, using, distributing, manufacturing, storing, transporting or coming to work under the influence of alcohol, controlled substances or illegal drugs on company premises and while on company business or during work time is prohibited.

To access the complete company policy on alcohol and drugs:

- For full-time hourly store associates, go to DSGN and click your store tab, then "Human Resources" and "Handbooks."
- For full-time hourly distribution center associates, see your HR Manager.
- For salaried associates, go to DSGN, then "Company Policies" and "Salaried Associate Handbook."

Don't wreck your summer

Accidents: The best way to ruin a perfect vacation

Heading for the beach, driving cross-country, going to the store for hot dogs... it can happen anywhere, in an instant, and ruin lives. Summer brings a jump in traffic accidents. More people are on the road, kids are out of school, motorcycles are everywhere, families are taking vacations—it can get crazy out there, so keep these safety tips in mind:

Check the vehicle. Tires good? Brakes in good shape? Wipers, headlights and taillights working?

Wear. Your. Seat belt. Every passenger. This should be a no-brainer. Only fools don't buckle up. Don't be a fool.

Don't push it. There's no prize for driving 18 hours straight. Except exhaustion, and maybe a wreck.

Don't leave a small child alone in a car. Ever.

Watch for two-wheelers. Bicycles, motorcycles, scooters—they're out there and they're hard to see. Look twice, especially in blind spots and at intersections.

Don't drive distracted. Pull over to settle the kids down. Don't dine and drive.

Put the phone down. Texting while driving kills people. Pull over to use your phone's GPS. Even hands-free conversation takes your mind off your business, which is getting there alive.

Alcohol. Just don't.



DO YOU RIDE?

- **Wear** your helmet. Curb beats skull every time.
- **Watch** for bike-blind drivers. For some reason, they just don't see you.
- **Keep** your headlights on day or night.
- **Stay** hydrated and rested.

Check These Out!

✓ Eyes, ✓ Mouth, ✓ Health

Peepers and chompers aren't accessories—they're keys to your health.

You may have great vision and perfect teeth, but that doesn't mean you can ignore them. Regular vision and dental checkups should be part of your routine health care.

What's up with your mouth?

Daily brushing and flossing, plus the body's natural defenses normally keep bacteria under control. But without good oral hygiene, or if you take certain medications—like decongestants, antihistamines, painkillers and diuretics—that reduce saliva, bacteria can flourish and lead to infections like tooth decay and gum disease. Studies also suggest that oral bacteria and periodontitis—a severe form of gum disease—might play a role in:

- **Endocarditis**, an infection of your heart lining.
- **Cardiovascular disease**, clogged arteries and stroke.
- **Premature and low-weight births** have been linked to periodontitis.
- **Diabetes**. Gum disease makes it harder to control blood sugar levels.
- **Alzheimer's**. Tooth loss before age 35 might be a risk factor for Alzheimer's disease.

Eyes: A window to your...health

Seeing an eye doctor regularly is a helpful way to monitor your overall health. In fact, eye doctors are often the first health care providers to detect:

- **Diabetes**, which besides its other effects on your health, can also contribute to eye diseases. So early detection and treatment are important to protect your vision.
- **High blood pressure**, which if left untreated can damage your eye's blood vessels, and potentially lead to blurred vision, nerve damage and even blindness—not to mention heart disease and stroke.

FACT:

IF YOU'RE ENROLLED IN ONE OF OUR MEDICAL PLANS, YOU ALREADY HAVE VISION COVERAGE.

Oh, BABY!

Having a little one? Thinking about it?

If you're enrolled in one of our medical plans, be sure to check out the free maternity management program for:

- Pre- and postnatal information and resources
- Telephone support from a registered nurse



Enrolled in PPO 1?

Call **1-800-272-3531**.

For PPO 2 and PPO 3,

call **1-866-918-5267**.

**Call early.
And congratulations!**

Who's Got Your Back...PAIN?

Don't let lower back pain slow you down

When your lower back hurts, just about everything takes more effort. Over-the-counter medications, like ibuprofen, can help. But rather than wait for the ache, here are some things you can do that might help prevent lower back pain. Be sure to check with your doctor before starting any exercise program.

IF YOU HAVE SUDDEN, SEVERE OR CHRONIC BACK PAIN, SEE YOUR DOCTOR.

Stretch. Stretching helps muscles relax. Go slow and do it every day.

Core strength exercises. The stronger your core, the less strain on your back muscles. **Watch the weights.** Be careful of lifting heavy weights directly overhead (like a military press) or doing weight-assisted lunges. Or lower the weight and increase your reps.

Check your posture. Envision your mom or dad telling you to sit or stand up straight!

Try different sleeping positions. On your back? Put a pillow under your knees. On your side? Put a pillow between your legs.

Wear low-heeled shoes. Nobody's going to notice those high heels if you're bent over in pain.

Maintain a healthy weight. Being overweight puts excess strain on your lower back.

Take a break. If you sit a lot, stand for a while or walk around. If you're on your feet a lot, take a load off.

LIFT OBJECTS SAFELY.

- **Stop** before you casually grab a heavy (or even light) load.
- **Think** about the smart way to lift it. Ask for help if you need it.
- **Lift** slowly, use your legs.



Better way to check your savings

Vanguard has upped its game with improvements to the mobile app (for iPhone®, iPad® and Android™). Use the new app to:

- Manage your Smart Savings 401(k) account.
- Move money between investment options.
- Change the amount you contribute from your paycheck.
- Check out our latest news, podcasts and insights.
- Receive text message updates on recent transactions.

Use your smartphone, tablet or laptop to Connect with Vanguard® at your convenience. Your info is safe and secure. Download the latest version for your device from your preferred app store.



DICK'S Sporting Goods/Golf Galaxy
Benefits Department
345 Court Street
Coraopolis, PA 15108

BENEFIT *Your Life*



Before you get your summer on...

check out these helpful
tips and reminders.

BENEFIT *Your Life*

ISSUE 2 | 2014



GOLF GALAXY