

# Did You Know?

(NAPS)—Your health care provider can help you decide which obesity treatments are best for you. Learn more about treatment options at <https://patient.gastro.org/obesity/>.

Many families are seizing opportunities created by new and expanded educational freedom programs to get what's best for their kids, reports Robert Enlow, President and CEO of EdChoice, a organization which advances educational freedom and choice. Learn more at [www.edchoice.org](http://www.edchoice.org).

A person's genes may play a role in how they respond to mental health medications. Practitioners can use the GeneSight test (a simple cheek swab) to help patients based on genetics. Learn more from your clinician and at <https://genesight.com/mental-health-monitor/>.

Many people may be surprised to learn they've been sending dangerous, prohibited items through the mail. That's why the Postal Service reminds everyone that metallic mercury and devices containing metallic mercury are always prohibited in the mail stream. Learn more at [usps.com](https://usps.com) and [facts.usps.com](https://facts.usps.com).

Much of the U.S. could face hotter than normal conditions this year as the climate crisis drives higher temperatures—but you can keep yourself and those you care about safe. Learn more from the free Red Cross Emergency app in English and Spanish at [redcross.org/apps](https://redcross.org/apps).

Professionally installed, state-of-the-art window films may help consumers reduce their electric bills and improve window performance by rejecting a significant amount of interior temperature increases from sunlight



during the cooling season, says the IWFA, the world's definitive source for window film information.

ENERGY STAR recently launched a home improvement savings web tool. This handy online tool is a one-stop shop that allows lets you to enter your ZIP code and find information on incentives available to you. Find the tool at: [energystar.gov/homesavings](https://energystar.gov/homesavings).

While the risk for measles in the U.S. remains low due to high rates of immunization, measles can occur anywhere, and you can be exposed during travel, advises the Centers for Disease Control and Prevention. Learn more at: <https://www.cdc.gov/measles/travel/index.html>.

There's a program called Kindland that encourages people to perform specific acts of kindness and note them on a special app. Studies suggest this will make them happier, the recipient happier and the nation as a whole a better place. Learn more [www.bekindland.com](http://www.bekindland.com).

The Ad Hoc Group of Counsel urges claimants to take immediate action and vote for the historic Johnson and Johnson talcum powder settlement before the July 26, 2024 deadline. Learn more at [www.OfficialTalcClaims.com](http://www.OfficialTalcClaims.com) or call 1-888-431-4056.