

# You FIRST

*Your Month of Well-being*

July 2023

## U.V. Safety Awareness Month

July is celebrated as Ultraviolet (U.V.) Safety awareness month. This comes at a time when most of us are gearing up for summer vacations and enjoying warmer days outside. It's important to remember that while the sun's rays may make us feel and look good, overexposure can cause severe and lasting skin and eye injuries.

### Just the Facts

- **Skin cancer** is the most common form of cancer in the United States.<sup>3</sup>
- **Most skin cancers** are caused by too much exposure to ultraviolet light which can damage skin cells.<sup>3</sup>
- **Nearly half** of UV radiation is received between **10 a.m. and 4 p.m.**, when the sun's rays are the strongest.<sup>2</sup>
- **Even on a cloudy day**, you can be sunburned by UV radiation.<sup>2</sup>
- Having **5 or more sunburns** doubles your risk for melanoma.<sup>1</sup>
- An estimated **90 percent** of skin aging is caused by the sun.<sup>1</sup>
- People who use sunscreen with an SPF of 15 or higher daily show **24 percent less skin aging** than those who do not use sunscreen daily.<sup>1</sup>

<sup>1</sup> [Skin Cancer Facts & Statistics - The Skin Cancer Foundation](#)

<sup>2</sup> [Ultraviolet \(UV\) Radiation and Sun Exposure | US EPA](#)

<sup>3</sup> [Sun Safety | Skin Cancer | CDC](#)

### Sunscreen Basics

- **SPF.** Sunscreens are assigned a sun protection factor (SPF) which is a number that identifies how well the product filters out UV rays. The [American Academy of Dermatology](#) (AAD) recommends applying a broad-spectrum sunscreen with an SPF of 30 or higher.
- **Reapply.** Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.
- **Expiration dates.** Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Shelf life is shorter if the product has been exposed to high temperatures.

Test your sunscreen knowledge by scanning the QR code!



## Heat Illness Prevention: CDC Tips to Keep Your Cool this Summer!

- **Dress for the heat.** Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.
- **Pace yourself.** Cut down on rigorous exercise in the heat. If you're not used to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.
- **Stay hydrated.** Drink cool water throughout the day regardless of how active you are. Don't just wait until you are thirsty to drink - by this time you are already behind in fluid replacement.
- **Take rest breaks.** Take enough time to recover from the heat given the temperature, humidity, and conditions.

### Health Topics:

Log in to the [CareFirst WellBeing platform](#) and navigate to *Discover > Health Topics > Skin Cancer & Skin Care > Follow* to get up-to-date information on your timeline!

### Sun Safety Resources

- [Self-Exams](#) Save Lives: Early detection starts with you!
- [Choose Safety Strategies at Work](#). Broad spectrum sunscreen and shade, clothing, wide brim hat, and sunglasses.
- What's your Sun Safety IQ? Click [here](#) to take the quiz and find out!
- [Can You Spot Skin Cancer?](#) With early diagnosis and treatment, many skin cancers are highly treatable.
- Know you're A-B-C-D-E's. Download the AAD's [body mole map](#) for information on how to check your skin for the signs of skin cancer.

*There's more than meets the eye when it comes to skin cancer, so make sure you know the facts! Test your knowledge by taking this [quiz](#).*

### Blue365 Featured Deal for July

One great way to [Achieve a Healthier You](#) is to take advantage of the Blue365 Health and Wellness discount program provided to insured CareFirst members (includes those with medical, dental, vision and disability).

Summer vacations are upon us! Don't let renting a car get in the way of your next great adventure. Budget has made the rental experience simple, smart, and affordable so you can enjoy your next great trip. Blue365 members can save up to 35% off Pay Now base rates or up to 25% off Pay Later base rates. Click [here](#) for more information!