

Have fun in the sun, but don't forget to **keep your body safe!**

While the summer sun and warm temperatures can be a perfect combination for a fun day outside, the ultraviolet (UV) rays radiating from the sun can be hazardous to your body.

Exposure to UV rays can cause¹:

- Skin cancer.
- Inflammation of the cornea, which can lead to cataracts and other eye problems.
- Premature skin aging such as wrinkles and liver spots.
- Weakening of the immune system.

Not only is overexposure to direct sunlight dangerous to our bodies, but reflected UV light from water, sand and concrete can be just as damaging.

Protect your and your loved ones' skin by following these guidelines²:

- Use sunscreen with an SPF of at least 30; and reapply every two hours.
- Seek shade between the hours of 10 a.m. and 4 p.m.
- Wear a wide-brimmed hat and UV-blocking sunglasses.
- Wear clothing to cover exposed skin.



If you suspect you may be suffering from overexposure to the sun, contact your doctor.

Have questions or need assistance?

For questions or assistance finding a doctor, call the HealthChoice Care Management team at **888-750-3232**.

Our care management team consists of registered nurses, pharmacists and doctors available at no cost to assist and supplement your doctor's care.

For more information, visit hccarecoordination.com.



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