

Health & Wellness Tip of the Week

Week 20 May 14, 2018

Our mission is to promote health awareness and encourage healthy lifestyles.



BlueCross BlueShield
of Texas

Take wellness to heart

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This Summer, Keep Your Skin Out Of The Game

Warm, sunny weather and outdoor activities are here and so is the increased danger of sun-damaged skin that can lead to skin cancer. The best prevention is to stay out of the sun altogether. If you are active in the sunshine, these simple precautions can reduce the damage and your risk:

- Perfect weather for ...long sleeve. Add a hat and sunglasses, long pants or a long shirt. The hat should have a wide brim to shade your face and neck. And that straw hat that's so breezy? It also lets in a harmful UV rays - choose one that doesn't let the sunlight through.
- Protect those eyes – and the skin around them. The skin around our eyes is very sensitive. Wear wrap - around sunglasses to help protect your eyes and your skin from the sun damage.
- Shade is our friend. The sun's rays are strongest between 10 a.m. and 4 p.m. If you're outdoors, find a tree, umbrella, awning or other cover.

Source: U.S. Department of Health and Human Services

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