

Sunburns, skin checks and more



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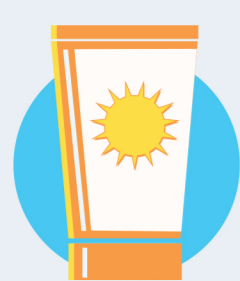
Summer is here!

Whether you're planning to catch up on sleep or get some vitamin "sea," it's important to keep safety in mind!

Sunburns and Skin Checks

Let's face it. Texas is hot and there's no escaping the sun during summer months. Keep your skin safe from harmful ultraviolet rays and lower your risk of skin cancer by:

- **limiting sun exposure** when UV rays are strongest, 10 a.m. – 2 p.m.
- **staying in a shaded area**
- **wearing protective clothing**, like long-sleeved shirts, hats and sunglasses
- **applying broad spectrum sunscreen**



Remember:

You should use a broad spectrum sunscreen with **SPF 15 or higher** and **re-apply it every two hours**, especially if you're sweating or swimming.

Regardless of how sun-safe you are, anyone can get skin cancer. It's very treatable, if caught early. The American Academy of Dermatology recommends performing **regular self-examinations** to check for suspicious spots that have:

- asymmetrical shapes
- irregular borders
- sizes larger than a pencil eraser
- changing sizes, shapes, or colors



If you're concerned about any spots, talk to your Primary Care Provider. They can refer you to a specialist, like a dermatologist, if needed.

Wellness Checklist

Stay safe from germs and other more serious conditions this summer by staying on top of your health!



Schedule your annual wellness exam.

Your PCP will keep you up to date on recommended immunizations and help you with a plan to address any concerns. Don't have a PCP or need to find a new one? Our **Provider Finder**® lets you search for providers by location, gender, reviews and more.



Get help for your mental health.

You have more options than ever to **treat mental health issues** like depression and anxiety. TRS-ActiveCare Primary and TRS-ActiveCare Primary+ have a \$0 copay for virtual mental health services.



Work with a wellness coach at no additional cost.

Your **wellness coach** can help you with fitness, nutrition, weight loss, blood pressure and cholesterol improvement, quitting smoking and much more!



Start a fitness routine.

The **Fitness Program** offers options all over the country, at a discounted rate. You can work out at home with digital options and at a gym or studio classes like Barre or Pilates.

[Get Started](#)

www.bcbstx.com/trsactivecare



Sun Safety [Centers for Disease Control](#)
How to Spot Skin Cancer [American Academy of Dermatology](#)

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