

# You FIRST

Your Month of Well-being

July 2024

## Beat the Heat: Summer Sun Safety

Being outdoors and soaking up the sun is a summer staple. We all look forward to warmer weather and our long-awaited outdoor activities like traveling, beach vacations, hiking, hitting the golf course, or even tackling yard work. As we make the transition to spending more time outdoors, it's vital for those of all ages to know how to stay sun and heat safe, as well as recognize signs of when it's time to take a sun break.

### Keeping Your Cool: Heat Health Tips

- **Drink plenty of fluids** throughout the day to stay hydrated. Don't wait until you are thirsty to drink—by this time you are likely already behind in fluid replacement.
- **Schedule outdoor activities carefully.** Check the weather before you head outside and limit midday events as this is when the sun is at its hottest. Wear loose, lightweight, light-colored clothing and sunscreen.
- **Closely monitor those who depend on your care.** Those who are at **highest risk** are people 65 and older, children younger than two, and people with chronic diseases or mental illness. Ask the following questions:
  - Are they drinking enough water?
  - Do they have access to air conditioning?
  - Do they need help keeping cool?
- Know the **warning signs for heat exhaustion** such as dizziness, muscle cramping, weakness, fatigue, confusion, heart palpitations, and nausea.

### Staying Sun Safe

- **Generously apply sunscreen.** Apply about one ounce of sunscreen to cover all exposed skin 15 minutes before going outside. The [American Academy of Dermatology \(AAD\)](#) recommends applying a broad-spectrum sunscreen with an SPF of 30 or higher. Reapply every two hours, even on cloudy days, and after swimming or sweating.
- **Seek shade** when possible. Remember the sun's ultraviolet (UV) rays are strongest between 10a.m. and 2 p.m.
- **Use extra caution near water and sand.** Water and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.
- **Check the U.V. Index.** The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index forecast is issued daily by the National Weather Service and Environmental Protection Agency (EPA).

*Tip! Use the [Shadow Rule](#) to tell how much UV exposure you are getting.*

## Hydration 101: Tips to Stay Hydrated this Summer

- **Make water interesting.** Need more flavor? Add berries or slices of lime, lemon, or cucumber to still or sparkling water!
- **Eat hydrating foods.** Watermelon, tomatoes, cucumber, strawberries, bell peppers, celery and lettuce are a few examples of foods with high water content that will help to contribute to your overall hydration.
- **Invest in a fun water bottle.** A good reusable water bottle can serve as a reminder to drink more water throughout the day. Certain bottles even have marked measurements for tracking intake!
- **Use alarms or notifications.** Set alarms or notifications as hydration reminders on your smart devices throughout the day.
- **Drink a glass of water prior to each meal.** It will help you stay hydrated, digest food better and help you feel full faster.

### Wellness Wednesday Webinars!

Join the CareFirst BlueCross BlueShield (CareFirst) Wellness and Disease Management team once a month on Wednesdays to learn more about that month's health observance and how you can prioritize your health and wellbeing!

#### July 10, 2024: Beat the Heat and Stay Cool

An informative webinar that will equip you with the knowledge and practical tips to stay safe, healthy, and comfortable during the hottest months of the year.

Click [here](#) or scan the QR code to register!



## Available Resources

- **Health Topics:** Log in to [CareFirst WellBeing](#) and navigate to *Discover > Health Topics > Skin Cancer & Skin Care > Follow* to get up-to-date information on your timeline!
- **Self-Exams** Save Lives: Early detection starts with you!
- Join the CDC and show off your **#SunSafeSelfie** on social media and be a part of the conversation to raise awareness about the benefits of sun protection! Click [here](#) to learn more!
- **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.

## Join Blue365 and Start Saving Today!

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). With this program, great discounts are available from top national and local retailers on fitness gear, gym memberships, nutrition, family activities, and more!

Ready to get started? Register now at [carefirst.com/wellnessdiscounts](https://carefirst.com/wellnessdiscounts). In just a couple of minutes, you will be ready to shop!