

You FIRST

Your Month of Well-being

JULY 2025

Stay Cool, Stay Active, Stay Well

Summer is in full swing—and so is your opportunity to prioritize wellness. With longer days and rising temperatures, it's important to stay hydrated, protect your skin and take time for your mental well-being. This month, we're sharing resources and tips to help you stay well, stay cool and stay active—from sun protection to self-care.

Beat The Heat

Hot weather can raise your risk for heat-related illness, but with a few smart habits, you can stay safe and active all summer long.

- Drink water and snack on hydrating foods regularly, even when you're not thirsty.
- Check the [HeatRisk](#)—a color-coded forecast that shows the health risk level and how dangerous the heat will be for your area .
- Exercise during cooler parts of the day or switch to indoor routines.
- Dress in light, loose clothing to help your body stay cool.
- Watch for warning signs like dizziness, fatigue or nausea.

Scan the QR code to create a Heat Action Plan to protect yourself during extreme heat.



CDC Heat Action Plan

Staying Water Smart

Cooling off in the water is one of the best parts of summer, but it's also a time to stay alert.

Whether you're swimming, boating or relaxing poolside, here are some water safety tips to remember:

- Never swim alone: always use the buddy system, even if you're confident in the water.
- Keep a close eye on kids: drowning can happen quickly and quietly.
- Designate a "water watcher" during group gatherings.
- Learn the signs of drowning: it often doesn't look like splashing or yelling. Look for stillness, silence or struggle.
- Avoid alcohol near water: it slows reaction time and increases risk.
- Know the conditions: watch for currents, weather changes and posted warnings at beaches and lakes.

Sources: [About Heat and Your Health | CDC](#)
[HeatRisk | Tracking | CDC](#)
[Water Safety | American Red Cross](#)

Protect Your Skin and Health

Skin cancer is the most common cancer in the United States, and includes different [types](#). Keep your skin safe while enjoying the sunshine:

- Use sunscreen with **SPF 30 or higher** and **reapply every two hours**—especially after swimming or sweating—to reduce your risk of skin cancer and premature aging.
- **Wear protective gear** like a wide-brimmed hat, breathable long sleeves and UV-blocking sunglasses to protect your face, eyes, and shoulders.
- Plan outdoor time wisely by **seeking shade between 10 a.m. and 4 p.m.**, when UV rays are most intense.
- **Don't rely on cloudy skies** for protection—up to 80% of UV rays can pass through clouds and still cause skin damage.

[Sun Safety Facts | CDC](#)

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 well-being!

July 2, 2025 at 12 p.m. ET: Safe Fun in the Sun

The heat is on, but you can keep cool and protected with the right precautions. Join us to explore ways to stay safe in the sun and prevent common summer health risks. What's your plan for a safe and cool summer?

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



CareFirst Member Resources

- **CloseKnit:** Virtual-first primary care, urgent care, behavioral health services and more. Download the easy-to-use app and get started today. carefirst.com/closeknit
- **CareFirst Health Library:** [Visit our library](#) to access various articles, like staying safe in the sun, sunburn, heat stroke and summer safety for kids.
- **Health Topics:** Log in to [CareFirst WellBeing](#) and navigate to *Discover*, then click *Health Topics*. Follow *First Aid, Safety & Preparedness, Skin Cancers* and *Skin Care* to get up-to-date information on your timeline! Looking for more information? Search the topic of interest to find articles, videos, slideshows and more.

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Blue365 Featured Deal for July

Save \$10 on Fitovers Eyewear™ and Enjoy Optical Versatility with Sunglasses Designed to Fit Over Prescription Eyewear

Do you dread going out in the sunshine knowing you will have to carry two bulky pairs of prescription eyewear—one for outdoors, the other for indoors? Well, Jonathan Paul® has the alternative sun solution for you – Fitovers Eyewear.

As a trusted fitover sunglass brand for over 20 years, Jonathan Paul produces eyewear that fits comfortably on top of your eyeglasses. Don't confuse this solution with clip-on eyewear. Fitovers Eyewear masks eyeglasses so well that others around you will think you're just wearing sunglasses. [Log in to or sign up for](#) Blue365 wellness discounts and start shopping!