

# SUMMER SAFETY TIPS

As the summer sun heats up, make sure you are taking steps to keep you and your family safe this summer.



## STAY HYDRATED

Hydration is essential to your health. It increases energy, boosts your immune system and can even improve your mood. Use these important tips to stay hydrated:

- Men should drink at least 13 cups of water per day; women 9 cups.
- Weigh yourself before and after exercising. For every pound lost, replenish with two cups of water.
- Stick to water when rehydrating. Avoid juices, sugary drinks, and caffeinated beverages.

## BE CREATIVE WITH FLAVORING WATER

Not everybody has a taste for water, but we all need it to ensure that our bodies continue functioning properly. If you want to drink more water, but aren't crazy about the taste (or lack thereof), here are some tips that can make it more enjoyable:

- Add fresh fruit. Citrus fruits, such as lemons, limes, and oranges, are classic water enhancers.
- Drink tea. Herbal, fruit, green, white, and red teas are generally considered to be better for you than black teas (or coffee, for that matter) because they contain little to no caffeine.
- Add fast flavor. If you're looking for a quick-and-easy flavor booster, you might also consider sugar-free drink mixes, and flavor cartridges that can be used with a faucet filter system.

## GET ANNUAL CHECKS

Schedule an annual skin exam with your PCP or dermatologist to make sure everything looks OK and catch potential issues as early as possible. The following symptoms should be addressed immediately:

- Any change on the skin, especially in the size or color of a mole
- Any scaliness, oozing, bleeding or change in the appearance of a bump or mole
- Any change in sensation, itchiness, tenderness or pain
- Any spread of pigmentation (color) beyond its border, such as dark coloring that spreads past the edge of a mole or mark

## LATHER UP AND COVER UP

Use a sun screen with an SPF of 15 or higher every day, not just when you go to the beach, especially on your face. Make sure your sunscreen blocks both UVA and UVB rays (broad spectrum). Since sunscreen is not always enough, make sure to also use clothing as a barrier to the sun when outdoors.

**Questions? Talk with your doctor or call 1-800-650-8442 to speak with a wellness coach.**

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