

Sun Fun or Sunburn?

A tan today means wrinkles tomorrow – and possible skin cancer down the road.



Stay out of the sun.

Especially from 10 am to 2 pm when the sun is the strongest.



Use sunscreen.

Choose a broad-spectrum sunscreen with SPF 30 or higher.

Do it right:

- Use a shot glass full.
- Reapply every 2 hours – more often when you swim or sweat.
- Spread it everywhere, from scalp to toes.



Wear sun-protective clothing:

- Wide-brim hat
- Long pants
- Long sleeves

Wear good sunglasses.

Make sure they give 100% UV-protection.



Don't forget sunscreen.

Even on cold or cloudy days.



Don't buy waterproof sunscreen.

There's no such thing.



Don't use sunscreen on babies under 6 months.

Dress them in a sun-protective hat and clothes instead



Don't use tanning beds.

Their UV lights can damage skin and cause cancer.



Check moles regularly.

Call your doctor if you see changes.

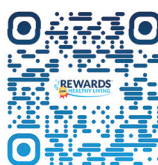
Don't skip your skin check.

Do it at least once a year.
Make an appointment now!



Don't forget your lips:

Wear SPF 30 lip balm.



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