EMPLOYEE SERVICES

# NEWSLETTER



Blue Cross Blue Shield Connect Community Articles

> Monthly Webinars

WellOnTarget Resources

Other Wellness Related Benefits

#### UV Safety & Skin Cancer Awareness

Did You Know?

- Too much sun can increase your exposure to Skin Cancer.
- Melanoma of the skin represents 5.1% of all new cancer cases.
- Melanoma is more common in men than in women in the US.
- Skin cancer can decrease productivity in the work place.
- Every year \$100 million is lost in productivity due to absences from work caused by skin cancer.
- Providing sun protection can save money and create a safer work atmosphere for workers.

### **Get Sun Smart**

47%

of sunglass wearers do not check UV ratings before making a purchase.

Always buy sunglasses labeled "UV400" or "100% UV protection."

Source: The Academy's 2014 Harris Poll of 2,027 U.S. adults. © 2021 American Academy of Ophthalmology

aao.org/eyesmart



Blue Cross Blue Shield Connect Community Articles

Your Smartphone Can Help Protect Your Skin

<u>Choose the Right Sunglasses</u> <u>to Protect Your Eyes</u>

What Is SPF and Which
Sunscreen Should I Use?



#### Wellness Time Reminder

We do have wellness time to use. This is time that you can use every week. The wellness time program states that you may take 30 minutes 3 days a week for yourself and your own wellness. This is a good way to reduce stress and give yourself a break to recharge during the day.

Wellness Release form



## **Monthly Webinars**

Code Word: BETTERME

Squirrels and Shiny objects:
Addressing Problems with Focus and
ADHD
Thursday July 10<sup>th</sup>: 12-12:30pm CST

Overcoming Obstacles:
CBT Strategies for Minority Mental Health
Tuesday July 15<sup>th</sup>: 11-11:30am CST

Everyone is Having Fun in the Sun, Why

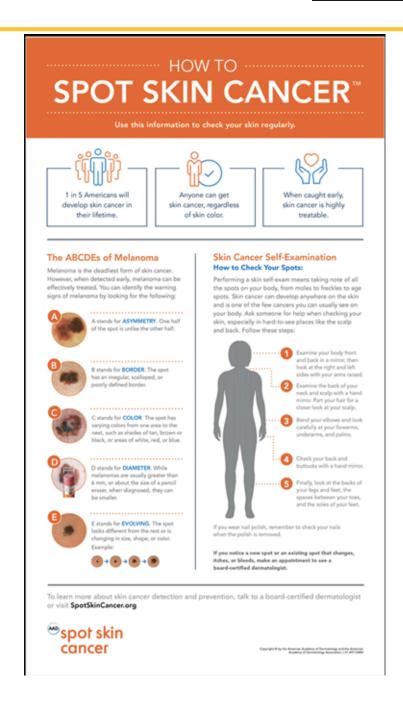
Don't I?

Friday July 25<sup>th</sup>: 12-12:15pm CST

Resisting the Pressure to be Perfect Tuesday July 29<sup>th</sup>: 10-10:30am CST

What you need to know about Sun Safety

<u>Find Skin Cancer: How to perform a Skin</u> <u>self-exam</u>



#### **Extra Information:**

Webinars in July
Preventing Skin Cancer
What to Wear to Protect Your Skin From the Sun
Show Your Skin a Little Love
Muestrele Carino a su piel

Wellness Website for East Texas A&M