



# SmartFHR Newsletter



## UV Safety Month

Most skin cancers are caused by too much exposure to ultraviolet (UV) rays, which can come from the sun as well as tanning beds and sun lamps. The strength of UV rays is determined by things like the time of day, season of the year, altitude, cloud cover, reflection from surfaces, and distance from the equator. UV exposure can add up, even when not in direct sunlight, so it is important to protect yourself. Follow the tips below to reduce your exposure!

- **Seek Shade:** One of the best ways to limit exposure to UV light is to avoid being in direct sunlight for too long. UV rays are strongest between the hours of 10 a.m. and 4 p.m.; you can help protect yourself by limiting exposure during this time.
- **Cover Up with Clothing:** While clothing doesn't block all UV rays, it can help offer some protection. Long-sleeved shirts and pants offer the most protection; dark colors are generally more protective than light, and dry fabric is generally more protective than wet. Wear a hat with at least a 2-3-inch brim and UV-blocking sunglasses.
- **Use Sunscreen:** Sunscreen with broad spectrum protection and SPF values of 30 or higher are recommended. Higher SPF may offer additional protection, but no sunscreen protects you completely. Read the label, check for expiration, and apply at least every two hours when in direct sunlight.

## From the Desk of Green Circle Life Health Partners

1 in five Americans will develop skin cancer by age 70.

To see the infographic, click on [Sun Safety](#)

Checking your Skin for Cancer [How to Spot Skin Cancer | American Cancer Society](#)

## Learn About the SmartFHR™ App: Bulletin Board

Share your health and wellness success stories, read about other coworker's successes, or post you and your family staying active and sun safe this summer on the Bulletin Board! You will also find a new healthy recipe posted every week and important company information. Check it out!



### Healthy Recipe: Blueberry Walnut Smoothie

There's plenty of evidence to show that blueberries, walnuts and spinach are good for brain function and they taste great. Read more at [Blueberry Walnut Smoothie - Food & Nutrition Magazine - Stone Soup \(foodandnutrition.org\)](https://www.foodandnutrition.org/blueberry-walnut-smoothie)



### Men's Health

Learn how to protect yourself from harmful UV rays below. Read more at [How Do I Protect Myself from Ultraviolet \(UV\) Rays? | American Cancer Society](https://www.americancancersociety.org/uv-protect)