

July 2025



UV SAFETY MONTH

July is UV Safety Awareness Month, a time you are encouraged to take steps to protect yourself from the dangers of ultraviolet (UV) radiation. Sun safety is important all year, but this month is a great opportunity to educate yourselves and take extra precautions when it comes to UV safety. Summertime is all about enjoying the sunny weather, but it's crucial to minimize your ultraviolet radiation exposure while you're at it.

Tips To Protect Yourself From Skin Cancer

According to the American Cancer Society, there are many things you can do to protect yourself from skin cancer.

- Utilize shade to avoid direct sunlight
- Wear clothes that cover most of your skin
- Wear a wide brim hat
- Wear sunglasses that block UVA and UVB rays
- Use broad-spectrum sunscreen

Self Skin Exam:

- Many doctors recommend checking your own skin regularly. Not all skin cancers look the same; they can show up in many shapes and sizes. However, it can be common for skin cancer to show up on parts of the body that tend to get more sun, such as the face, head, neck, and arms.

ABCDE's:

- Look for **ASYMMETRY** and irregular **BORDERS**. Change in **COLOR** or **DIAMETER** of mole. Notice how skin **EVOLVES** over time.
 - Ugly Duckling Sign: Look for something that is different. It might be one mole that is larger or darker than the others.

UV SAFETY MONTH

8 WAYS TO IMPROVE EYE HEALTH

BENEFIT SPOTLIGHT: NCHIP CONCIERGE PROGRAM

IMMUNITY BOOSTING CITRUS SALAD

RESOURCES TO KNOW

SUN SAFETY FACTS

Skin cancer is the most common cancer in the United States. Too much sun can cause skin cancer. Watch [this video](#) to hear how to protect your skin from the sun.

PROTECT YOUR SKIN FROM THE SUN

Shade

You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter.

Clothing

When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors.

Hat

For the most protection, wear a hat that has a brim all the way around that shades your face, your ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays.

Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard.

Sunscreen

Put-on broad-spectrum sunscreen that filters out both UVA and UVB rays and has an SPF of 30 or higher before you go outside.



8 WAYS TO IMPROVE EYE HEALTH

In the U.S., about 12 million people over the age of 40 have vision impairment. This includes conditions such as digital eye strain, age-related macular degeneration, and dry eye, all of which are becoming increasingly prevalent.

Adults and children can enhance eye health by implementing the following strategies:

- **Reduce Screen Time:** Prolonged exposure to digital devices can lead to digital eye strain, which can lead to symptoms like dryness, blurred vision, and headaches. Take regular breaks from screens to lessen the strain on your eyes.
- **Adopt the 20-20-20 Rule:** When using digital devices, every 20 minutes look at something 20 feet away for at least 20 seconds. This simple practice helps to rest your eyes and reduce the discomfort associated with prolonged screen use.
- **Get Regular Eye Exams:** Schedule comprehensive eye exams at least once every two years, or more frequently if you have existing eye conditions or a family history of eye diseases. Dilated eye exams can help detect vision loss early.
- **Optimize Lighting:** Ensure that your workspace is well-lit to minimize glare and reduce eye strain. Opt for softer, indirect lighting when possible. When outdoors, wear sunglasses that block 99 to 100 percent of UVA and UVB radiation.
- **Adjust Screen Settings:** Increase the contrast and adjust the brightness of your monitor to a comfortable level. This adjustment can lessen eye fatigue and make reading text on screens more comfortable.
- **Quit Smoking:** Smoking increases your risk of diseases like macular degeneration and cataracts. If you smoke, you can call 800-QUIT-NOW (800-784-8669) to get help with quitting.
- **Maintain a Healthy Diet:** Incorporate foods rich in vitamins and antioxidants, such as leafy greens, fish, and nuts, into your diet. Nutrients like lutein in tomatoes, zeaxanthin in kale, and omega-3 fatty acids found in fatty fish, support eye health and can help prevent age-related vision problems.

When detected early, vision loss can often be prevented or delayed. Taking proactive steps today to care for your eyes can significantly reduce your risk of developing irreversible eye damage.



BENEFIT SPOTLIGHT: NCHIP CONCIERGE PROGRAM

The NCHIP Concierge Program Customer Service Representatives can help you understand your health plan and its benefits, manage ongoing health situations and even find lower-cost care. Consider them your 'go-to' resource for questions regarding your health insurance plan, or your health care needs in general. Learn more at BlueCrossNC.com/NCHIPconcierge.

The Customer Service Representatives will handle all your service-related needs, including billing and claim issues or other benefit concerns. They will help you locate a pharmacy with lower-cost prescriptions and coordinate your care needs.

Why This Matters to You

The NCHIP Concierge Program provides support and recommendations to help you make the best health care decisions for you and your family.

- If you need help planning a major medical procedure like hip or knee replacement surgery, your care team can be with you from pre-authorization to post-procedure follow up.
- Nurse Advocates can guide you or covered family members through serious medical situations.
- If you need guidance with the [Blue Connect](#) member website, the NCHIP Concierge Program is there to help you log in and use the self-service tools to view your benefits, search for a provider, and compare costs of prescription drugs and common procedures.

GET STARTED TODAY



Call 1-800-795-9402



Log in to BlueConnectNC.com



**BlueCross BlueShield
of North Carolina**

IMMUNITY-BOOSTING CITRUS SALAD

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INGREDIENTS:

- Mixed citrus fruits (orange, grapefruit, lime)
- Mixed greens
- 1/4 cup almonds, chopped
- Honey-Lemon dressing (made with lemon juice, honey, and olive oil)

INSTRUCTIONS:

- Peel and slice the citrus fruits and arrange them on a bed of mixed greens.
- Sprinkle chopped almonds on top for crunch and added nutrition.
- Drizzle with the honey-lemon dressing for a refreshing and immune-boosting salad.

NUTRITION FACTS

Calories 250

Protein 5g

Carbohydrates 30g

Fat 12g

Fiber 8g



Benefit	Vendor	Website/Email/Contact
Medical	BlueCross BlueShield of NC	https://www.bluecrossnc.com/
Blue Connect	BlueCross BlueShield of NC	Blue Connect
My Pregnancy Program	BlueCross BlueShield of NC	Download the <i>My Pregnancy through Blue Cross NC</i> app to get started
NCHIP Concierge	BlueCross BlueShield of NC	1-800-795-9402
Mental Health/Substance Abuse	BlueCross BlueShield of NC	Find a therapist Headway



HAVE SOMETHING YOU
WANT TO SHARE?
LET US KNOW!

