



Blue Cross Virtual Well-BeingSM

Employer session

Skin Protection 101



The webinar will begin at noon



Having five or more sunburns in your life doubles your risk for melanoma.
– *Skin Cancer Foundation*

The webinar will begin at noon

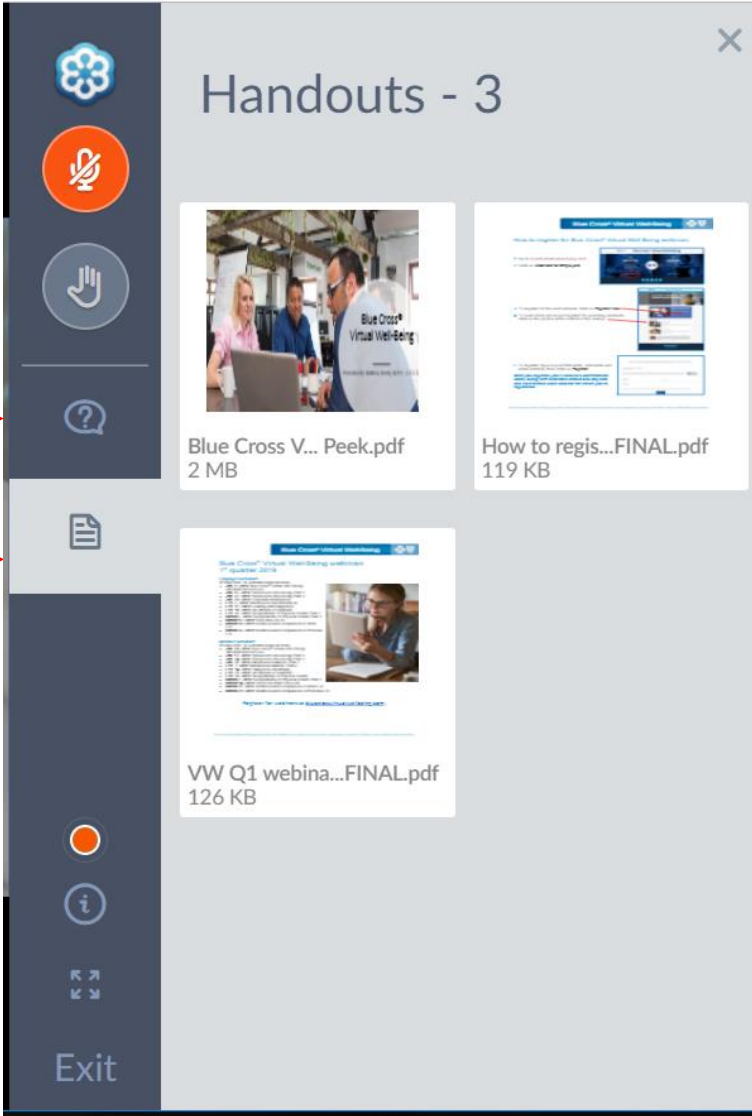
One in five Americans will develop skin cancer in their lifetime.
— *American Academy of Dermatology*



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Submit a question or comment using the **Question** feature.

Download slides or handouts using the **Handout** feature.



Handouts - 3

Blue Cross V... Peek.pdf
2 MB

How to regis...FINAL.pdf
119 KB

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126 KB

Exit

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When detected early, the five-year survival rate for melanoma is 99%.
– *Skin Care Foundation*

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Indoor tanning devices can emit UV radiation in amounts 10 to 15 times higher than the sun at its peak intensity.

– *Preventive Medicine Report, June 2016*



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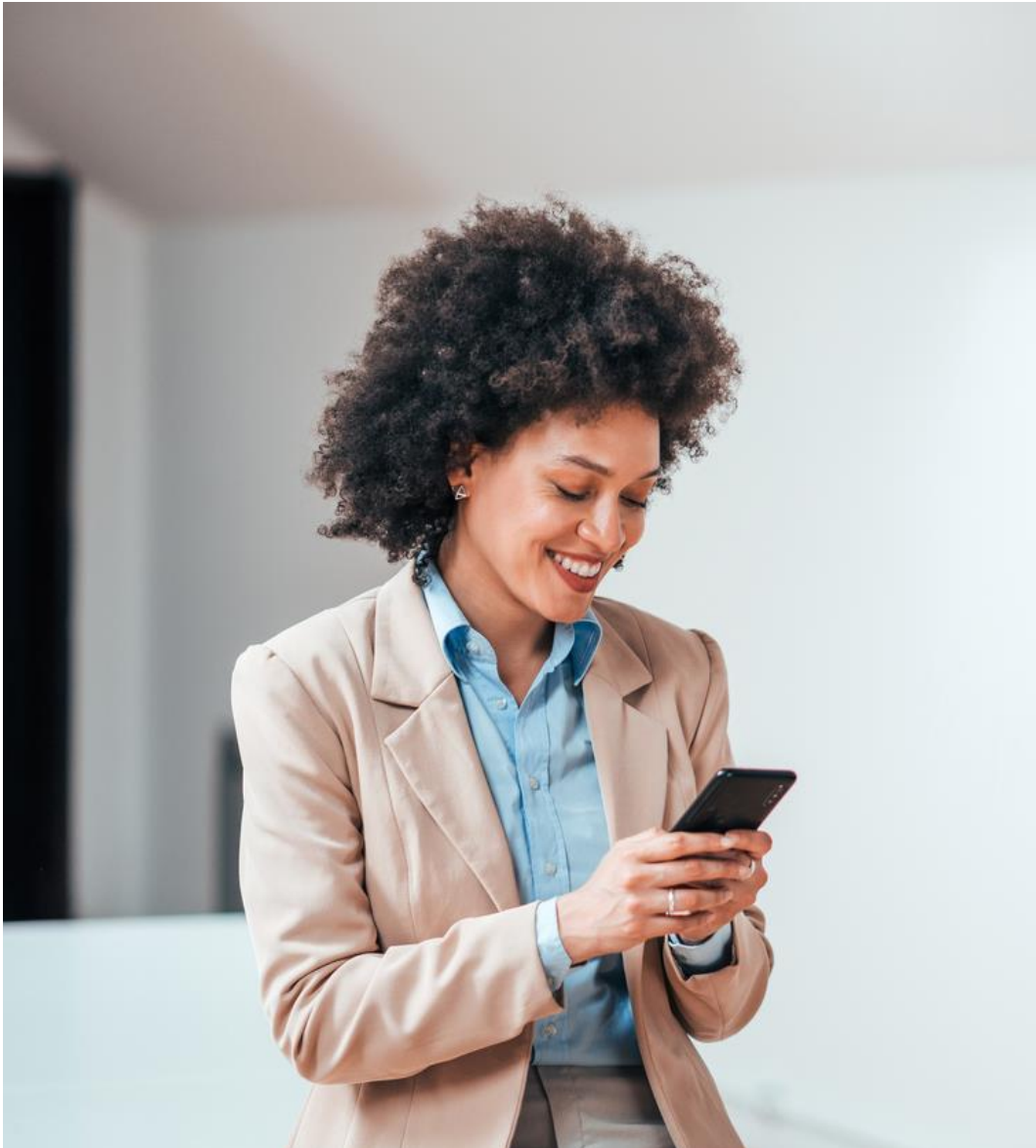


Ten-Minute Bird Meditation
Wednesday, June 23, 2021
Noon Eastern



Healthy Habits Challenge
Tuesday, June 29, 2021
Noon to 12:30 p.m. Eastern

Receive weekly registration reminders



Text **MOTIVATE** to **222764**.

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Skin Protection 101



Physical sunscreen

- Works like a **shield** by sitting on the surface of your skin, deflecting the rays of the sun.
- Look for the active ingredient **zinc dioxide**. Look for 20 to 25% for the best protection.
- This sunscreen is best for sensitive skin.

Chemical sunscreen

- Works like a **sponge** by absorbing the sun's rays.
- Look for one or more of these active ingredients: **oxybenzone, avobenzone, octocrylene, homosalate** and **octinoxate**.
- This sunscreen is easier to rub into the skin and doesn't leave a white residue.

Source: American Academy of Dermatology Association

Skin and eye protection

- Stay in the shade.
- Wear sunglasses.
- Cover your head with a hat.
- Wear sun clothing and shoes.
- Use SPF lip balm.
- Use caution near water, sand and snow.
- Check your meds.

Sun-protecting foods

- **Blueberries** have powerful antioxidants that fight free radicals that damage skin.
- **Watermelon** has lycopene, which absorbs UVA and UVB radiation.
- **Carrots and leafy greens** have beta-carotene, which converts to vitamin A and can provide natural sun protection.



For more information

- Virtual Well-Being site:
bluecrossvirtualwellbeing.com
- Virtual Well-Being email:
BlueCrossVirtualWell-Being@bcbsm.com

