



# SmartFHR Newsletter



## July is UV Safety Month

Spending time outdoors is a great way to be physically active, manage stress, and get some vitamin D. Enjoy the outdoors without increasing your risk of skin cancer by protecting your skin from the sun. Sun protection is important all year even on cloudy days because UV rays go through clouds and reflect off surfaces such as water, snow, and cement to harm your skin.

- Cover up with clothing, wear a broad-brimmed hat and UV-blocking sunglasses.
- Seek shade especially between 10 am and 4 pm
- Apply broad spectrum (UVA/UVB) sunscreen that has an SPF of 30 or higher.
- Remember that sunscreen wears off and can expire; be sure to reapply every 2 hours and check the expiration date!

## From the Desk of Green Circle Life Health Partners

### Be Smart. Protect your Skin.

Skin cancer is America's most common cancer with over 5 million cases diagnosed each year. Anyone can get skin cancer. Characteristics such as having a lighter skin color, skin that burns easily, blue or green eyes, blond or red hair, family history of skin cancer, increase your risk. Fortunately, skin cancer is one of the most preventable cancers. Be safe in the sun and check your skin regularly for any changes in your skin or new "spots".

There are many types of skin cancer. Click [here](#) for picture examples of the more common types of cancerous and non-cancerous skin lesions. No matter what, if you see new, changing, or unusual spots or moles on your skin, get it checked as soon as possible.

## Healthy Recipe

### Easy Mediterranean Couscous Summer Salad

This simple weeknight dinner cooks up in a jiff for light summer fare. The star of the show is couscous, which is a tiny circular pasta made from wheat.

[https://foodandnutrition.org/blogs/stone-soup/easy-mediterranean-couscous-summer-salad/category\\_id=1](https://foodandnutrition.org/blogs/stone-soup/easy-mediterranean-couscous-summer-salad/category_id=1)

## SmartFHR Feature

### Digital Coaching

Do you want to learn more about a health and wellness topic without having to scour the internet? Resource Library within the SmartFHR™ App gives you access to hundreds of interesting health articles, recipes, and publications. Discover valuable, credible, well-researched, information to better understand chronic health conditions, nutrition, emotional wellbeing, professional development, and much more.

## UV Safety

To protect yourself from UV radiation:

- Stay in the shade, especially during midday hours.
- Wear clothes that cover your arms and legs.
- Consider options to protect your children.
- Wear a wide brim hat to shade your face, head, ears, and neck.
- Wear wraparound sunglasses that block both UVA and UVB rays.
- Use sunscreen with sun protection factor (SPF) 15 or higher, for both UVA and UVB protection.

Read more at <https://www.cdc.gov/nceh/features/uv-radiation-safety/index.html#:~:text=To%20protect%20yourself%20from%20UV%20radiation%3A&text=Wear%20a%20wide%20brim%20hat,Avoid%20indoor%20tanning.>

## Starting an Exercise Routine

Summer is a great time to get outdoors!

Spending time outdoors can improve overall health and wellness. The outdoors offers many opportunities to be physically active. Time outdoors may also promote mental health and stress reduction.

Read more at [https://www.cdc.gov/cancer/skin/basic\\_info/outdoors.htm](https://www.cdc.gov/cancer/skin/basic_info/outdoors.htm)