



## Get sun-kissed, not sun-damaged.

While most of us enjoy a little summertime glow, it's important to take steps to protect your skin. Scheduling a skin screening at your wellness center is a proactive way to keep your skin healthy and detect any early signs of skin cancer.

### A few tips to soak up the sun without the regret:

- Limit your sun exposure and find shade when you can.
- Wear protective clothing when you're out in the sun for long periods of time.
- Apply a sunscreen with SPF 30 or higher.
- Avoid unhealthy tanning, especially under sun lamps or tanning beds.
- Get to know your skin and watch for any changes.
- Schedule an annual skin screening.

**Schedule your annual skin screening.  
Call your Wellness Center to schedule an appointment.**

### Who can use these services?

The Wellness Center is available to all employees, regardless of medical plan.



The Wellness Center  
Operated by Premise Health.

