Stay Sun-Safe—and *AWARE*

With summer months ahead, AWARE provides an easy way to remember to protect yourself—and those you care about—from over-exposure and the risk of skin cancer.

A Avoid unprotected exposure to sunlight, including artificial sun (such as tanning beds).

W Wear sun-protective clothing including a long-sleeve shirt, pants, hat, and sunglasses.

A Apply sunscreen of at least SPF15 every two hours—and more frequently if you're taking part in water activities.

R Routinely examine your skin for changes, and report changes to your healthcare provider.

E Educate your family and community about how to stay sun AWARE.

Want to learn more?

Get more details at **PacificSource.com/wellness**

PacificSource HEALTH PLANS