



The Trustees of the ICSVEBA understand the importance of keeping members informed of plan updates and changes and are excited to provide you with this month's Highlights newsletter to keep you informed of essential plan information. Please see the updates and highlights below and contact your Human Resources Department with any questions!

Summer is around the corner.

...and being careful about sun exposure can save your life

Melanoma is the most dangerous form of skin cancer, most often caused by exposure to ultraviolet (UV) rays from sunshine or tanning beds that lead to the formation of malignant tumors. Melanoma (sometimes called malignant melanoma) is highly curable when it is discovered early, but is much more likely than other forms of skin cancer to spread if left untreated. The most common cause of melanoma is exposure to UV light. A history of sunburns during childhood, or excessive exposure to sunlight, may increase an individual's likelihood of developing melanoma.

Prevention tips

- Always seek the shade, especially between 10 a.m. and 4 p.m.
- Do not allow your skin to burn.
- Avoid tanning and UV tanning beds.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activities, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- Apply sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- Examine your skin from head to toe for moles every month.

Regular physical activity can help prevent chronic diseases and conditions and improve your overall quality of life.

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| • Diabetes | • Back pain |
| • High blood pressure | • Osteoporosis |
| • Heart diseases & stroke | • Anxiety & depression |

Regular physical activity can also improve mood and the way you feel about yourself, reduce depression and anxiety and help you to better manage stress.