

Fun in the sun starts with SPF 15!

All skin types need protection.

It's okay to go out in the sun, but cover up when you do. The sun reflects off of water, sand, cement and grass; and regular, heavy exposure can damage every skin type. Keep your skin sun-safe by limiting your time outdoors when the sun is most intense and by using sunscreen with a minimum SPF 15 – don't forget your ears, feet and lips while you're at it. Wearing a wide-brim hat, sunglasses and tighter weave clothing can also help shade you from burning rays. And a yearly full skin exam by your doctor will help keep your skin its healthiest. **That's time well spent.**

Visit anthem.com to learn more about skin cancer prevention.

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Sources: Mayo Clinic - <http://www.mayoclinic.com/health/sunscreen/AN01370> | American Academy of Dermatology - www.aad.org
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