Let your health shine

Understanding skin cancer and sun safety

There’s nothing better than enjoying time outdoors. But fun in the sun can come with some health risks — and that means more than a bad burn. Take a few moments to learn how you can spot issues like skin cancer and how you can protect your skin from the sun.

Get to know your skin
Skin cancer can be cured if found and treated early. Be sure to check your body once a month, looking for any new skin growth or changes in skin growth. Know the ABCDEs of early detection.

Also, be sure to have your doctor check your skin during routine health exams and ask a friend or family member to examine areas of skin that you can’t see. Skin cancer often appears on the torso of men and the legs for women.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).
Protect yourself from the sun

Be smart when you spend time in the sun. Cover up and drink plenty of water. Staying hydrated can help prevent nausea, headaches and feeling tired.

Here are some simple ways you can help keep your skin protected:

- **Find shade**
  When you can, avoid direct sunlight. Find shade under an umbrella, a tree or other covered area.

- **Apply sunscreen**
  Before you go outside, put on a sunscreen with at least SPF 30. Do this on even slightly cloudy or cool days.

- **Wear a hat**
  Wear a hat with a brim all the way around. It should shade your face, ears and the back of your neck.

- **Bring sunglasses**
  Wear sunglasses that block UVA and UVB (ultraviolet) rays. They protect the eyes and help reduce the risk of cataracts. Wrap-around sunglasses work best.

- **Choose the right clothing**
  Wear long-sleeved shirts and pants. Sun protection fabric labeled UPF 40 (UPF stands for ultraviolet protection factor) is like wearing SPF 30 lotion.

Remember to stay safe in the sun while you’re having fun outdoors. To learn more, register or log in at Aetna.com and look under “Stay Healthy.”

Copyrighted material adapted with permission from Healthwise, Incorporated. This information is not intended to replace the advice of a doctor. Aetna and Healthwise are not responsible for the decisions you make based on this information. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. For more information about Aetna plans, refer to Aetna.com.