

NEWSLETTER



Simple Ways to Prevent Sun Damage

Repeated exposure to the sun's harmful ultraviolet (UV) radiation is thought to be responsible for approximately 70%¹ of skin cancers, and most health experts believe 80%² of the most damaging sun exposure occurs before the age of 18.

Use these simple strategies to help prevent sun damage:

1. Use Sunscreen.

Dermatologists recommend choosing a sunscreen with an SPF of at least 30, and reapplying every couple of hours for optimal protection.³

2. Wear UPF clothing.

Clothing with a built-in ultraviolet protection factor (UPF) can help shield your skin from UV light. It can be especially helpful when sunscreen is not practical or available

3. Wear a hat.

Hats offer a simple form of skin protection, and the wider the brim, the better.

4. Avoid peak UV ray hours.

The sun's rays are most damaging between the hours of 10 AM and 4 PM, so plan your outdoor activities around these times to minimize exposure.

5. Eat more lycopene.

Lycopene is a phytonutrient found in red-colored plants like tomatoes, guava, and watermelon, and research has shown that it is protective against UV-induced skin damage.⁴

6. Wear sunglasses.

UV exposure has been linked to age-related macular degeneration, glaucoma, and cataracts, so remember to protect your eyes from the sun's damaging rays as well.⁵

1. <https://doi.org/10.1155/S1110724301000122>

2. <https://my.clevelandclinic.org/health/diseases/10985-sun-exposure--skin-cancer>

3. <https://www.aad.org/public/everyday-care/sun-protection/sunscreen-patients/>

4. <https://doi.org/10.1038/s41598-017-05568-7>

5. <https://doi.org/10.1002/jbio.201700377>

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Hydration and Skin Health

Does water really improve your skin health? For years, health blogs and beauty magazines have insisted that hydration plays a central role in skin health. So far, though, the research has not backed up those claims.⁶

There is little doubt that water is essential for good health. Drinking enough fluid enables your body to clear toxic substances from your bloodstream and transport essential nutrients to the cells in your body, including the cells in your skin. Even so, research is lacking in terms of just how much impact hydration has on skin integrity. Nevertheless, creating healthy hydration habits is a good idea.⁷

Here are a few tips to help you get (and stay) hydrated:

Drink lots of water. Fill up a water bottle in the morning to serve as a reminder to drink water throughout the day, and use the bottle to gauge your overall fluid intake.

Include soup several times a week. Soups contain high amounts of fluid and can be a great way to boost your fluid intake. (Soups can also be high in sodium, so check labels carefully.)

Eat 5 to 9 a day. Aim to eat at least 5 (preferably 9) servings of fruits and vegetables each day. Plants contain large amounts of water, and about 20%⁸ of your daily fluid needs come from food sources. In addition to the water content, plants contain beneficial phytonutrients that have been shown to be protective⁹ of skin as well.

While hydration alone may not be the biggest determinant of your skin's overall health, it certainly plays an essential role in your body's ability to maintain optimal function



6. <https://doi.org/10.3390/nu11010070>

7. <https://doi.org/10.3390/nu2080903>

8. <https://www.eatright.org/food/nutrition/healthy-eating>

9. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/>



5 REASONS TO SEE A DERMATOLOGIST

DERMATOLOGISTS ARE DOCTORS WHO SPECIALIZE IN TREATING CONDITIONS THAT INVOLVE THE LARGEST ORGAN IN YOUR BODY—YOUR SKIN. ACCORDING TO THE WORLD CANCER RESEARCH FUND, SKIN CANCER IS THE 19TH MOST COMMON CANCER AROUND THE GLOBE. A DERMATOLOGIST CAN HELP YOU IDENTIFY SKIN PROBLEMS EARLY, LONG BEFORE THEY ADVANCE INTO MORE SERIOUS PROBLEMS.¹⁰

HERE ARE 5 REASONS TO SEE A DERMATOLOGIST:

YOU NOTICE A CHANGE IN YOUR SKIN.

Whenever you discover an unusual change in your skin's color, thickness, shape, or texture, have it examined by a doctor as soon as possible. Melanoma is the most malignant form of skin cancer, and early detection is critical.

YOUR SKIN IS ITCHY.

Itchy skin is common with conditions like eczema and psoriasis, but it can also occur with allergies, infections, and environmental exposures. Consulting with a dermatologist can help you determine the root cause of your symptoms, so you can select the best treatment.

YOU ARE LOSING EXCESSIVE AMOUNTS OF HAIR.

While dermatologists are most known for treating skin conditions, their expertise also extends to hair and nails. Hair loss is often hereditary, but it can also be related to stress, hormonal changes, and a number of other medical conditions.



YOU HAVE A RASH.

Rashes and raised, red areas of the skin could be a sign that something else is going on with your health. Infections, reactions to medications, and even changes in laundry detergents or soap can cause changes in your skin.

YOU ARE PROACTIVE

Having your skin evaluated regularly is a good act of prevention, especially if you spend a lot of time in the sun or are at high risk for skin cancer. Take advantage of local health screening events or schedule an annual appointment with a dermatologist that is covered under your health plan.

Early intervention is key when it comes to preventing serious skin conditions. Be sure to see your primary care provider or dermatologist whenever you notice changes in your skin

10. <https://www.wcrf.org/dietandcancer/skin-cancer-statistics/>

Naturally Flavored Water

INGREDIENTS

1 cup fruit such as citrus or berries
2 sprigs herbs such as thyme or mint
8 cups water

INSTRUCTIONS

1. Combine all ingredients together in a pitcher.
2. Muddle to release the juices or leave the fruit to float.



Prep Time
5 minutes

Cook Time
na

Servings
8

SOURCE: Navigate Wellbeing Solutions recipe library courtesy of Megan Roosevelt, registered Dietitian and Nutritionist.

Combination Suggestions:

Lemon, Lime and Orange

Raspberry Lime

Pineapple and Mint

Lemon and Cucumber

Blackberry and Sage

Watermelon and Rosemary

Mango and Blueberries

Orange and Vanilla

Strawberry and Basil

Cherry and Lime

Blackberry and Ginger

Peach and Vanilla Bean

Honeydew and Lime

Pineapple, Raspberry and Mint

Peach, Lemon and Thyme





ARE YOU READY TO LIVEHEALTHY?

LiveHealthy at UH Brunner Sanden Deitrick Wellness Center is a medically based fitness center staffed with exercise specialists, personal trainers and other friendly, helpful health professionals.

OUR MEMBERS ENJOY ACCESS TO:

- Individualized exercise prescriptions developed by our degreed exercise specialists
- Six-lane lap pool, recreation pool, warm water therapy pool and whirlpool
- Saunas and steam rooms
- Fitness equipment and free weights
- Multipurpose gym space
- Indoor track
- Group exercise classes including yoga, Zumba®, cycling, intervals, strength and aquatic classes
- Monthly nutrition and fitness education seminars
- Youth fitness area
- Babysitting (free for children who are included on a family or single-parent membership)
- Rock wall, with a free clinic to help you learn to climb safely.

LIVEHEALTHY

Hours of Operation

Monday - Friday:

5:30 am - 9 pm

Saturday & Sunday:

7:30 am - 5 pm

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lakehealth.org/livehealthy or
call 440-375-8777



Resource Advisor is here with help for life's issues

Receive personalized counseling, financial, and legal help

Resource Advisor is a member assistance program that's included with your life and/or disability benefit. It provides resources and services to support you and your household family members when you may need it.

Counseling by phone, face-to-face, or LiveHealth Online video chat

If you're feeling stressed, worried, or going through a tough time, you may want someone to talk to. You and your household family members can call Resource Advisor anytime, 24/7, and talk with a licensed counselor:

- **By phone:** Call **1-888-209-7840**.
- **In-person:** You can call to set up face-to-face sessions and then schedule appointments directly with your counselor.
- **Video visit:** You can talk with a counselor from the convenience of your home or wherever you have internet access and privacy using LiveHealth Online. To set up a LiveHealth Online visit, call Resource Advisor. You will receive details about how to schedule a visit, along with a coupon code that gives you LiveHealth Online visits at no extra cost to you.

You can review a therapist's background and qualifications to help choose one who is available and right for you.

You and your family members are eligible for up to three counselor visits for each issue or concern, at no extra cost.

Counselors can help with:

- Stress
- Parenting
- Anxiety
- Depression
- Issues that affect your well-being
- Dealing with illness
- Relationship or family issues
- Help finding child care
- Elder care issues and resources

Support when you need it

Contact Resource Advisor:

- **Phone:** **1-888-209-7840**
- **Online:** **www.ResourceAdvisor.Anthem.com**
(Log in with program name AnthemResourceAdvisor.)

Helpful resources you can count on

Financial planning

Call Resource Advisor to set up one-on-one financial counseling with a certified professional financial planner. They can help with issues like retirement planning and saving for a child's education.

Legal services

With a call to Resource Advisor, you can schedule a consultation with an attorney over the phone at no charge. If you want to meet with an attorney in person, the legal consultant can set up an appointment at a discounted fee.

Identity theft recovery and monitoring

Resource Advisor has fraud resolution specialists who can help if your identity is stolen. They can work with creditors, collection agencies, law firms, and credit reporting agencies for you for up to one year. You can sign up for ID monitoring, receive credit report reviews, and place fraud alerts on credit reports no matter how many times your identity is compromised.

Call 1-888-209-7840 for financial, legal, and identity theft recovery and monitoring services.

Online tools to help with life's issues

The Resource Advisor website has tools to help with life's challenges, such as:

- Creating a will
- Parenting
- Aging
- Healthy living
- Household support
- Referrals
- Funeral planning

To access resources, visit www.ResourceAdvisor.Anthem.com and use the program name "AnthemResourceAdvisor."

**We're here to help with concerns
— no matter how big or small**

**Call 1-888-209-7840 or visit
www.ResourceAdvisor.Anthem.com to receive
support and guidance, whenever you may need it.**

1. The range of preventive care services covered at no cost share when provided by plan doctors is designed to meet state and federal requirements. The Department of Health and Human Services decided which services to include for full coverage based on U.S. Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), and certain guidelines for infants, children, adolescents, and women supported by Health Resources and Services Administration (HRSA) Guidelines. You may have additional coverage under your insurance policy. To learn more about what your plan covers, see your Certificate of Coverage or call the Member Services number on your ID card.

2. Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

3. LiveHealth Online appointments are subject to availability. Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call 800-273-8255 (National Suicide Prevention Lifeline) or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Note about eligibility: This program is for active employees and their household family members. All benefits end at retirement.

Resource Advisor services are not a part of the certificate, policy or trust agreement and do not modify any insured benefits. Resource Advisor additional services are provided based on negotiated agreements between the insurance company and certain service providers. Although the insurance company endeavors to make these services available to all policyholders and certificateholders as described, modifications to our agreements with service providers may require that services be periodically modified or terminated. Such modification or termination of services may be made based on cost to the insurer, availability of services, or other business reasons at the discretion of the insurer or service providers.

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