If you are like most people, you enjoy spending time outdoors and feeling the heat of the sun on your skin. But not all the sun’s rays are pleasant. Ultraviolet (UV) light is invisible, intense rays from the sun which can damage your skin and increase your risk of skin cancer. In order to protect yourself and your loved ones from the harmful UV rays of the sun, it is important to understand UV rays and learn the answers to your burning questions about sunscreen.

When and Where are UV Rays Strongest?
The first thing you should know about UV is that the more intense the sun, the greater your exposure to UV rays. The amount of UV that will reach you depends on the following:

**Time of Day**—UV is greatest when the sun is at its highest (between 10 am and 4 pm) and less in the early morning and late afternoon.

**Season**—While UV exposure is the greatest in the summer (May—August), it is important to remember that UV rays reach Earth every day and you should be sun safe year-round. Concrete, sand, water, and snow reflect 85% to 90% of the sun’s UV rays.

**Altitude**—The air is cleaner and thinner at higher altitudes, so UV exposure is greater in the mountains than in the valleys.

**Location**—UV is strongest at the equator and gets weaker as you move towards the poles. If you travel to tropical destinations for vacation, be prepared and take your sunscreen with you.

**Exposure Time**—The longer you are in the sun, the more UV rays your skin absorbs. Remember, you are exposed whenever you are outside: picnics, yard chores, long drives, sports events, etc.

**UV Index**

A good second measure for sun safety is to understand and use the UV index. The UV Index is a next-day forecast of the amount of skin-damaging UV radiation that is expected to reach Earth’s surface when the sun is highest. It was created to help people make informed decisions about the amount of time that they spend in the sun.

The UV Index uses a numerical scale to rate the strength of the sun's UV exposure level. The higher the UV Index level, the greater the strength of the sun's UV rays, and the faster you can burn.

<table>
<thead>
<tr>
<th>UV Index</th>
<th>How to protect yourself</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-2</td>
<td>very low</td>
</tr>
<tr>
<td>3-4</td>
<td>low</td>
</tr>
<tr>
<td>5-6</td>
<td>medium</td>
</tr>
<tr>
<td>7-10</td>
<td>high</td>
</tr>
<tr>
<td>10+</td>
<td>very high</td>
</tr>
</tbody>
</table>

Minutes to burn:

- 0-2: 60
- 3-4: 45
- 5-6: 30
- 7-10: 15-24
- 10+: 10 or less

Select and apply good sunscreen

Though it is not the only safeguard you need to take, sunscreen is one of the easiest ways to protect your skin and is a good first line of defense. Sunscreen absorbs, reflects or scatters UV light to provide physical and chemical barriers on your skin. Physical sunscreens form an opaque film that reflects UV light before it can penetrate the skin. Chemical sunscreens absorb UV rays before they can cause any damage.

**Understanding SPF**

All sunscreens products include an SPF, which stands for sun protection factor. The SPF number is a measurement of the amount of UV protection — the higher the number, the greater the protection.

Continued on Page 2
Sun Safety

Continued from Page 1

SPF is not an indication of how much time you can spend in the sun. For example, if you use a sunscreen with an SPF 30 rather than one with an SPF 15, it does not mean you can stay in the sun twice as long. In reality, an SPF of 15 filters out about 93 percent of the UV rays and SPF 30 filters about 97 percent of UV rays. The beneficial effects of sunscreen decrease over time, so after a few hours the difference between the two may be even less.

Buying Sunscreen
Not all sunscreens are the same. When purchasing a lotion or spray be sure to:

Select a broad-spectrum sunscreen with an SPF of at least 15 — Broad-spectrum products provide protection against both UVA and UVB radiation. Look on the ingredient labels for oxybenzone, sulisobenzone, avobenzone (Parsol 1789), ecamsule, titanium dioxide or zinc oxide.

Watch for added ingredients that may irritate your skin — If you have sensitive skin, look for sunscreen that does not contain potential allergens, such as fragrances or dyes, and is specifically designed for your type of skin.

Understand labels — Look for sunscreens labeled "water resistant," which offers some protection against washing off in water or when perspiring heavily. Sunscreens can no longer be labeled "waterproof" because all sunscreens wash off to some extent. Other terms that can no longer be used on sunscreen product labels include "sun block" (no product actually blocks all UV rays) and "all-day" (no sunscreen lasts all day).

Make sure any product you use actually contains sunscreen — Many tanning oils and lotions do not. Products that don’t contain sunscreen are required by law to clearly indicate that on the label.

Sources:
1. Sun Safety Alliance: www.sunsafetyalliance.org

Screening Includes

• Assessment by a Nurse Practitioner or Physician’s Assistant for skin cancer
  AND

• Review of personal and family medical histories and lifestyle factors

This month free skin cancer screenings will be held at the following locations. Registration is required. Each location has a site coordinator to take appointments.

Please review the full events schedule on the wellness website at: www.benefitoptions.az.gov to find out how you can make an appointment.

June 10 — Tucson, DES
3655 E. 2nd St.
(9am—3:30pm)

June 11 — Phoenix, Library Archives
1700 W. Washington
(9am—3:30pm)

June 16 — Phoenix, Arts Commission
417 W. Roosevelt St.
(9am—3:30pm)

June 17 — Phoenix, DES
13450 N. Black Canyon Hwy
(8am—2:30pm)

June 19 — Flagstaff, DES
397 Malpais Ln., Suite #3
(9am—3:30pm)

June 23 — Tucson, DES
195 W. Irvington
(9am—3:30pm)

ADDITIONAL LOCATIONS LISTED ON THE WELLNESS WEBSITE CALENDAR
Upcoming Events

SCREENING SERVICES STATUS:
Screening contracts were awarded on June 17th. Mobile Onsite Mammography, Healthwaves, Banner Occupational Health, and Maxim Health Systems are now under contract to provide convenient, at-work screening services. Wellness is currently taking requests for screenings at State worksites. Listed below are each companies services.

Healthwaves
- Flu/Pneumonia Vaccinations
- Mini Health Screening
- Osteoporosis Screening

Maxim Health Systems
- Flu/Pneumonia Vaccinations
- Mini Health Screening
- Osteoporosis Screening
- Skin Cancer Screening

Mobile Onsite Mammography
- Mammography Screening

Banner Occupational Health
- Skin Cancer Screening

EDUCATIONAL CLASSES STATUS:
Wellness awarded contracts for educational classes, fitness classes, massage, and weight management on October 24th. Kronos Optimal Health, The Back Rub Co., and Jesse Tsao will be the State’s vendors providing services in the future. Wellness is working to complete the vendor implementation, but due to severe budget restrictions will not be able to offer the contracted services at this time. These programs will be placed on hold pending analysis from the ADOA budget team.

Thank you for your patience during this difficult budgeting period.

“Early detection is the best defense we have at this time for catching breast cancer in its earliest stages,” says Catherine Midgette, Executive Vice President of MOM. “If we find the cancer in its earliest stages, the patient has a 97 percent survival rate.” Mobile On-Site Mammography (MOM) travels to perform mammography screenings at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance’s member services department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 participants preferred.

June 4 — Yuma, ASPC
7125 E. Juan Sanchez Blvd
(7:30am—11am)

June 4 — Yuma, DES
350 W. 16th St.
(1pm—4pm)

June 18 — Scottsdale, DOT
7339 E. Paradise Ln.
(8am—12pm)

June 25 — Phoenix, AHCCCS
701 E. Jefferson
(8am—5pm)
**Mini Health Screening at Work**

All State employees and Benefit Options members are eligible to participate in mini health screenings.

The basic screenings below are FREE
- Height & weight; BMI; percent of body fat (body composition).
- Blood pressure
- Full Lipid Panel and blood sugar

**Optional screenings include:**
- Prostate Specific Antigen (PSA) - for men
- Osteoporosis/Bone Density—for women

You will need your Employee Identification Number (EIN) and Insurance card for these events:

For information about how to register for a specific mini health screening please refer to the online monthly schedule listed by county on the wellness website at [www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness) or call 602-771-9355

---

### What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available for request and scheduling at State worksites.

Wellness events are requested and coordinated by State employees at worksites. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn what Wellness has to offer.

Event requests must be submitted online by clicking this logo:

Complete the brief form, including contact information and the event requested and hit submit! A Wellness team member will reply to your request and begin scheduling your event.

---

**Log on Today!**

Take advantage of the many programs and services to keep employees healthy

---

**June 22 — Payson, DOT**

200 N. Colcord
(7:30am-10:00am)