



## National UV Month

July is Ultraviolet (UV) Safety Awareness Month. While sunshine is essential for your body to process vitamin D, UV radiation can quickly cause harm and damage your skin without proper protection.

There's more than just applying sunscreen when you're outside! The [American Academy of Dermatology \(AAD\)](#) listed five most common mistakes an individual can make when choosing and applying sunscreen:

1. Ignoring the label.

Look for sunscreens that are broad-spectrum, water-resistant, and have an SPF of 30 or higher.

2. Using too little.

Most individuals only apply 25-50% of the recommended amount of sunscreen. To fully cover one's body, most adults need about one ounce of sunscreen.

3. Applying only in sunny weather.

The sun emits harmful UV rays all year long. Be sure to apply even on cloudy days.

4. Using an old bottle.

Check expiration dates! The FDA requires that all sunscreens retain their original strength for at least three years.

5. Relying solely on sunscreen.

Since no sunscreen can block 100% of the sun's UV rays, it's also important to seek shade, wear sun-protective clothing, a wide-brimmed hat, and sunglasses with UV protection, when possible.

Don't forget that sunscreen is an eligible reimbursable expense for both Health Savings Accounts (HSA) and Flexible Spending Accounts (FSA). Check out the [HSA store](#) and [FSA store](#) for more information!

Questions?

Contact your Friendly HR People Department at [HumanResourcesTeam@ccm.com](mailto:HumanResourcesTeam@ccm.com).