

# Protect yourself this summer



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**A**s letter carriers, you may spend a great deal of time out in the sun, so it's important to beware of skin cancer and learn how to protect yourself. Some exposure to the sun is good for you and can cause your body to produce Vitamin D; however, too much exposure can lead to cancer.

According to the Centers for Disease Control and Prevention (CDC), skin cancer is the most common cancer in the United States. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to ultraviolet (UV) light.

To reduce your or your family's risk of skin cancer, CDC recommends these easy options:

- **Stay in the shade, especially during midday hours.** UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.
- **Wear clothing that covers your arms and legs.** When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothes certified under international standards come with information on their ultraviolet protection factor.
- **Wear sunglasses that block both UVA and UVB rays.** They protect your eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100 percent of both UVA and UVB rays as possible.
- **Use sunscreen with at least SPF 15 and UVA and UVB (broad spectrum) protection every time you go outside.** For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect your ears, nose, lips and the tops of your feet.
- **Avoid indoor tanning.**

Fortunately, skin cancer can be prevented. The key to reducing the risks of skin cancer is to find it early. To do so, you can:

- Do a skin check once a month.
- Learn to recognize the moles, freckles and other

marks on your skin so you can spot any changes.

- Schedule regular check-ups with your doctor, especially if you find areas on your skin that seem different than normal (e.g., new moles appearing or old ones changing size or color).

## Traveling this summer?

**For covered services you receive in hospitals outside the United States and Puerto Rico and performed by physicians outside the United States, send itemized bills to:** NALC HBP High Option, 20547 Waverly Court, Ashburn, VA 20149; or, for the NALC CDHP/Value Option Plan, send to P.O. Box 182223, Chattanooga, TN 37422-7223.

Claims for prescription drugs and supplies purchased outside the United States and Puerto Rico must include receipts that show the patient's name, prescription number, name of drug or supply, prescribing physician's name, date of fill, total charge, metric quantity, days' supply and name of pharmacy. Complete the short-term prescription claim form, attach the drug receipts and mail to the NALC Prescription Drug Program at P.O. Box 52192, Phoenix, AZ 85072-2192.

Remember, claims for overseas (foreign) services must include an English translation. Charges must be converted to U.S. dollars using the exchange rate at the time the expenses were incurred.

## 24-hour nurse line (High Option Plan)

**If you are traveling and need assistance or are at home and realize you have questions about you or a family member's health, call CareAllies 24-Hour Line at 877-220-NALC to access a registered nurse 24 hours a day, seven days a week. This nurse line seeks to influence consumer behavior by providing tools, education, counseling and support to help members make decisions with respect to their health and use of health care services.**

Consumers may contact a CareAllies registered nurse at any time of the day or night, for:

- answers to questions about medical conditions, diagnostic tests or treatments prescribed by their physicians, or other health or wellness topics
- assistance to determine the appropriate level of health care services (emergency room, doctor visit, self care, etc) required to address a current symptom
- self-care techniques for home care of minor symptoms
- referrals for case management or other appropriate services
- an introduction to the online health resources available at [nalchbp.org](http://nalchbp.org)