With warmer weather and longer days, it’s important to take care of yourself throughout the summer, so you can make the most of every day.

**BE SMART ABOUT SUNSCREEN**

Skin cancer is the most common form of cancer in the U.S. and affects roughly 1 in 5 Americans under the age of 70. Wearing sunscreen properly won’t just reduce your risk of developing skin cancer, it also helps your skin look and feel healthy. Don’t just grab the same bottle you used last season without checking the label and expiration date first. Your sunscreen should offer:

- **Broad-spectrum coverage.** The sun emits two different types of UV rays—only broad-spectrum sunscreens cover both.
- **SPF 30+.** The higher the better.
- **Water resistance.** Even if you’re not swimming, this reduces the amount of sunscreen washed away by sweat.

Apply it generously 20 minutes before you go out, even on cloudy days. Sunscreen should also be reapplied every couple of hours or after getting wet.

**STAY HYDRATED**

Dehydration is a serious condition that can affect anyone. Drink plenty of water throughout the day and stock your fridge with hydrating beverages and foods, like flavored seltzer water, unsweetened iced tea, cucumbers and watermelon. If you feel thirsty, you’re already dehydrated.

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**CONNECT WITH A DOCTOR AT HOME**

Members who aren’t feeling well can connect with a doctor and get care at home using telehealth services. Learn more at fepblue.org/telehealth.

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**TALK TO A REGISTERED NURSE**

Not sure where to go for care? Call our 24/7 Nurse Line at 1-888-258-3432 to speak to a registered nurse. Get answers for health-related questions, including advice on medical symptoms and management of chronic conditions.
HOW TO COMPOST AT HOME

Looking for a way to save money and reduce your environmental impact? Try composting—it puts your organic waste to good use in your yard. Composting involves placing organic waste into a pile where microorganisms break it down and turn it into fertilizer. It costs less than typical disposal methods, improves your soil and saves precious space in landfills. Effective composting involves three ingredient groups:

- **Browns** – dead leaves, branches and twigs
- **Greens** – grass clippings, vegetable waste and fruit scraps
- **Water**

Try to compost in a dry, shady area, ideally next to a water source, like a hose. If you plan on disposing of food waste, you may want to purchase a compost bin to deter animals and pests from getting at it. You can also compost indoors, using an indoor compost bin.

Add your browns and greens first, making sure to break down or shred the larger pieces. As you add more to the pile, douche it with water, so that the pile is damp all the way through. Once you have a decent-sized pile, wait it out. It may take months or years—you’ll know when it’s ready when the bottom layers are dark, crumbly and richly colored. Turning the materials in your pile every couple of weeks can speed this process.

WORD UNSCRAMBLE

Try to unscramble these summer-related words and write your answer in the spaces to the right.

Hint: all the words can be found in this newsletter.

1. SNREUCSNE
2. YDOHIANRT
3. EETTLEHLAH
4. AEOWLMNTER
5. OMSCTPO

BUSTING MYTHS ABOUT ANXIETY DISORDERS

There are a lot of misconceptions out there about anxiety—don’t let them get in the way of you getting care.

**MYTH:** Anxiety disorders aren’t common.

**FACT:** Nearly 1 in 5 American adults experience some type of an anxiety disorder.

**MYTH:** It’ll get better if you wait it out.

**FACT:** Anxiety disorders are very difficult to overcome on your own.

**MYTH:** Some people are just worriers and can’t be treated.

**FACT:** There are many effective treatment options available to manage anxiety.

**MYTH:** Counseling takes a long time.

**FACT:** Counseling often can provide you with anxiety-reducing tools in just a few sessions.

BREATHE YOUR WAY TO LESS STRESS

The way we breathe can contribute to our anxiety levels. By taking even deep breaths, you get more oxygen into your body and send signals to your brain to relax. Try doing the following to see if it relaxes you:

1. Lie down or sit in a chair with your feet on the floor. Place one hand on your stomach and the other on your heart.
2. Breathe in slowly through your nose until you feel your stomach fully rise.
3. While holding your breath, count to three.
4. Exhale slowly, feeling your stomach fall.
5. Repeat as many times as needed.

SEEKING PROFESSIONAL HELP

Sometimes, trying to control your anxiety isn’t enough—if the feelings last, you may want to consider talking to a professional. With the Find a Doctor tool and virtual counseling through telehealth, FEP makes it easy find the care and treatment options that work best for you. Get started at fepblue.org/find-a-doctor.