

Highlights



The Trustees of the ICSVEBA understand the importance of keeping members informed of plan updates and changes and are excited to provide you with this month's Highlights newsletter to keep you informed of essential plan information. Please see the updates and "highlights" below and contact your Human Resources Department with any questions!

Summer is around the corner...

...and being careful about sun exposure can save your life!

Melanoma is the most dangerous form of skin cancer, most often caused by exposure to ultraviolet (UV) rays from sunshine or tanning beds that lead to the formation of malignant tumors. Melanoma (sometimes called malignant melanoma) is highly curable when it is discovered early, but is much more likely than other forms of skin cancer to spread if left untreated. The most common cause of melanoma is exposure to UV light. A history of sunburns, particularly during childhood, or excessive exposure to sunlight, may increase an individual's likelihood of developing melanoma.

Prevention tips

- Always seek the shade, especially between 10 a.m. and 4 p.m.
- Do not allow your skin to burn.
- Avoid tanning and UV tanning beds.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- Apply sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- Examine your skin from head-to-toe for moles every month.

The Health Benefits of Exercise

Research shows that, in addition to helping to control weight, regular physical activity can reduce your risk for several diseases and conditions and improve your overall quality of life. Regular exercise can help prevent:

- Diabetes
- High blood pressure
- Heart disease & stroke
- Back pain
- Osteoporosis
- Anxiety & depression
- Some forms of cancer
- And more....

Regular physical activity can also improve your mood and the way you feel about yourself. Exercise is likely to reduce depression and anxiety and help you to better manage stress. It is a natural and inexpensive antidepressant.

How do you get started? The first thing to do is find an exercise that you like. It makes no sense to start an exercise that your friends do or that is popular if you do not really like it. If you enjoy a particular type of physical activity, you are more likely to stick with it.

Websites...

www.icsveba.org

www.deltahealthsystems.com

www.express-scripts.com

Access this site for...

An array of information about your Health & Welfare plans

Up-to-date Medical claims information

Ordering & tracking your maintenance medications