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| *This message is part of an email series offering tips for good health and advice to help you understand and get the most out of your Premera Blue Cross health plan.* |
| 4 tips to protect your skinThe sun can damage unprotected skin in as little as 15 minutes. Follow these 4 tips to protect your skin:1. **Make sure you’re covered.** Wear clothing and a wide-brimmed hat to protect as much skin as possible. Protect your eyes with sunglasses that block UV light.
2. **Wear sunscreen**. Apply a broad spectrum (UVA and UVB) sunscreen with a sun protection factor (SPF) of at least 30 every 2 hours and after you swim or sweat.
3. **Seek shade.** Limit your sun exposure between 10 a.m. and 4 p.m. when the sun’s rays are strongest.
4. **Avoid tanning beds and sunlamps**. Their UV rays can be stronger than those from the sun.

**Online resources**Sign in at [premera.com](https://www.premera.com/sign-in) for additional health information, support, and educational resources.  |
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