All skin types need protection.

It's okay to go out in the sun, but cover up when you do. The sun reflects off of water, sand, cement and grass; and regular, heavy exposure can damage every skin type. Keep your skin sun-safe by limiting your time outdoors when the sun is most intense and by using sunscreen with a minimum SPF 15 – don't forget your ears, feet and lips while you're at it. Wearing a wide-brim hat, sunglasses and tighter weave clothing can also help shade you from burning rays. And a yearly full skin exam by your doctor will help keep your skin its healthiest. **That's time well spent.**

Visit anthem.com to learn more about skin cancer prevention.

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Sources: Mayo Clinic - http://www.mayoclinic.com/health/sunscreen/AN01370 | American Academy of Dermatology - www.aad.org

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