



Don't  
get burned  
by skin  
damage.

Skin cancer is the most common cancer in the U.S. Often, it's caused by sun damage. To protect your skin, follow these tips:

- Stay out of the sun between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher
- Cover up with long sleeves and a hat
- Check your skin regularly for changes

➤ July

Summer travel  
& sun safety

For more support, visit myModa, your personal member website. Find tools and resources to help you take care of your health and understand your health plan's benefits.

To log on, go to [modahealth.com](http://modahealth.com) and follow the steps to create an account.

♥ *get your health on*

moda