



Don't
get burned
by skin
damage.

Skin cancer is the most common type of cancer in the United States. The following steps will help you protect your skin.

- 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 additional support, visit myModa, your personal member website, to access tools and resources to help manage your health and benefits.

To log on, go to modahealth.com and create an account.

♥ *get your health on*

DELTA DENTAL

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