

Be sun safe

Protect you and your family



Beat the heat quiz

Summertime is a great time to get outdoors and enjoy the sunshine. But dehydration and sunburn can quickly spoil the fun if you're not careful. Test your sun smarts and learn a few new tricks for a safe season. Our collaboration with Medical Services Organization (MSO) allows us to offer you access to quality care with an enhanced network of health care providers. Plus, it makes the claims process even easier.

True or False

- 1. You can get a sunburn through a window or sunroof.**

TRUE UVA rays can get through glass. Remember to apply sunscreen when you're hitting the road or sitting by a sunny window indoors.¹

- 2. All sunglasses offer the same UV protection for your eyes.**

FALSE Not all sunglasses offer the same protection against harmful rays. Choose sunglasses that block 100% of UVA and UVB rays.²

- 3. Dozens of prescription and over-the-counter medications cause sun sensitivity.**

TRUE Certain antibiotics, antidepressants, acne medications, cholesterol drugs, pain relievers and other medications don't mix well with a dose of UV light. You can check for warnings about sun sensitivity on the bottle. Better yet, ask your doctor if your medications can make you more sensitive to the sun.³

- 4. Being thirsty is the only sign of dehydration.**

FALSE Thirst is the most obvious sign of dehydration. If your urine color is deep yellow or amber, you may be dehydrated. Other signs include fatigue, dizziness and confusion.⁴

- 5. You should take a water break every 20 minutes when exercising.**

TRUE Drink water before, during and after exercise. When exercising in hot and humid weather, you can get dehydrated in as little as 30 minutes.⁴

- 6. Drinking coffee dehydrates your body more than alcohol.**

FALSE Alcoholic beverages have a dehydrating effect on your body. While caffeinated beverages such as coffee make you urinate more, they offer some hydration due to water content.⁴

Global Health Benefits



1. WebMD. "Sun Myths and Facts Quiz." <http://www.webmd.com/beauty/rm-quiz-sun-myths-facts> (August 27, 2023).

2. American Academy of Ophthalmology. "Will Your Sunglasses Protect You From Serious Eye Disease?" <https://www.aao.org/eye-health/tips-prevention/top-sunglasses-tips> (May 29, 2024).

3. WebMD. "Sun-Sensitizing Drugs." <http://www.webmd.com/skin-problems-and-treatments/sun-sensitizing-drugs#2> (June 16, 2024).

4. WebMD. "Water Quiz: How Much Do You Know About Hydration?" <http://www.webmd.com/fitness-exercise/rm-quiz-know-about-hydration> (August 24, 2022).

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