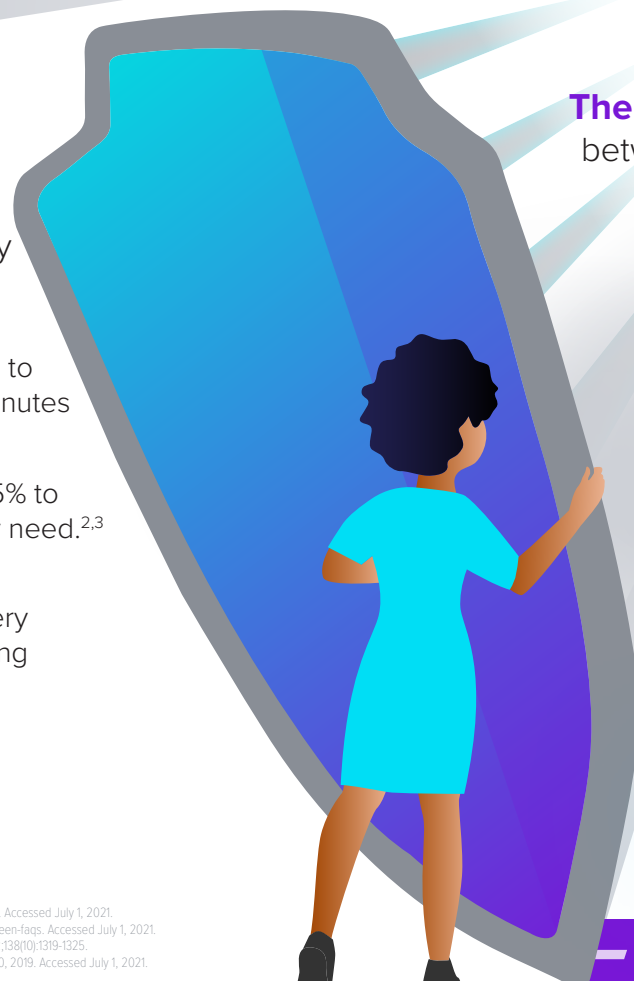


A simple shield against harmful rays

Simply using **SUNSCREEN** can help protect your skin from the sun's ultraviolet (UV) rays that may lead to cancer.²

The sun doesn't see age, gender, or race,² but everyone can follow these easy-to-apply tips daily to keep those rays at bay and your skin safe:

- **USE** broad-spectrum, water-resistant protection.²
- **USE** an SPF of at least 30 to block 97% of the sun's UVB rays.²
- **Using** an SPF of 15 or higher can reduce the risk of developing squamous cell carcinoma by 40% and melanoma by 50%.¹
- **APPLY** 1 oz. of sunscreen to fully cover your body 15 minutes before going outdoors.²
- **Most** people only apply 25% to 50% of the sunscreen they need.^{2,3}
- **REAPPLY** sunscreen every two hours, or after swimming or sweating.²



The sun's rays are strongest between 10 a.m. and 4 p.m.⁴

Even on cloudy days, up to 80% of the sun's harmful UV rays can penetrate your skin.²

The sun's rays can even reflect off of water, sand, snow, and pavement.⁴



1 in 5

Americans will develop skin cancer by the age of 70.¹

References

- 1 Skin cancer facts & statistics. Skin Cancer Foundation Web site. <https://www.skincancer.org/skin-cancer-information/skin-cancer-facts>. Updated January 13, 2021. Accessed July 1, 2021.
- 2 Sunscreen FAQs. American Academy of Dermatology Association Web site. <https://www.aad.org/public/everyday-care/sun-protection/sunscreen-patients/sunscreen-faqs>. Accessed July 1, 2021.
- 3 Neale R, Williams G, Green A. Application patterns among participants randomized to daily sunscreen use in a skin cancer prevention trial. *Arch Dermatol*. 2002;138(10):1319-1325.
- 4 Ultraviolet (UV) radiation. American Cancer Society Web site. <https://www.cancer.org/cancer/cancer-causes/radiation-exposure/uv-radiation.html>. Updated July 10, 2019. Accessed July 1, 2021.

Fighting cancer with everything we know™

If you've received a cancer diagnosis, AccessHope is the key to unlocking access to the most-up-to-date cancer expertise. To explore how we can help you navigate the cancer journey, call 844-218-4673.

