

# SAN FRANCISCO HEALTH SERVICE SYSTEM

Better Every Day.



## Summer Sun Safety Month

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This month learn about ways you can protect yourself and your family from the harmful effects of ultraviolet (UV) from sunlight. Did you know, that most [skin cancers](#) are caused by too much exposure to UV sunlight? [UV Sunlight](#) is invisible and comes from the sun, tanning beds, and sunlamps.

Protect your skin from UV sunlight, follow these helpful tips from the [CDC](#) to stay safe:

**Shade:** Reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter.

**Clothing/Accessories:** When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV sunlight. For the most protection, wear a hat that has a wide brim all the way around that shades your face, ears, and the back of your neck.

**Sunglasses:** Protect your eyes from UV sunlight and reduce the risk of cataracts. [Use your VSP Benefits](#) and take action to get your yearly preventive eye and vision examination.

**Sunscreen:** Put on a broad-spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside. If you have a [flexible spending account \(FSA\)](#), sunscreen is eligible for reimbursement.

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**Did you know?** You can use FSA to pay for a vision screening copay and purchase prescription eyeglasses and sunglasses. Learn more by clicking the button below.

[Flexible Spending Account](#)

## Children's Eye Health & Safety Month

As children grow, their eyes change quickly. Paying attention to their eye health as they are still developing can help catch problems early. To learn more, visit [www.nei.nih.gov/kids](http://www.nei.nih.gov/kids).



## Additional Well-Being Resources:

### Well-Being Activities (Virtual)

- [Yoga](#) - Tuesdays - 5pm - 5:45pm
- [Zumba](#) - Thursdays - 5pm - 5:45pm
- [SF Bodhi Meditation Center Sessions](#) - Mon - Sun 9:05pm-10pm
- [SF Main Library: Meditation](#) - Wednesdays -12:00pm - 12:30pm
- [Midafternoon Meditation](#) - Wednesdays -2:00pm-2:20pm

### Personal Development (Webinars)

- [Using Guided Imagery for Wellness and Stress Reduction](#) - August 9
- [The Benefits of Acupressure](#) - August 16
- [10 Strategies for Improving Your Finances](#) - August 22
- [KP Health Talks Hypertension: Your Heart is in Your Hands](#) - August 24

### Health & Wellness (Articles & podcasts)

- [How to Feel Better About Yourself](#)
- [Finding Delight Through Your 5 Senses](#)
- [24 Hours of Kindness](#)

Stay up to date with this month's free offerings. [Visit sfhss.org/events](https://www.sfhss.org/events)

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