

Wellness News

July 2026

This issue:

Sun Safety – Your Future Self will Thank You

Water Safety for Children and Adults

Summer Travel Wellness Checklist

Recipe: Watermelon Feta Salad

Mark your Calendar: Upcoming Events in Virginia



“Summertime is always the best of what might be.”

– Charles Bowden



Anthem members: You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing. Simply scan this QR code with your smartphone's camera to download the Sydney Health app.

Sun Safety - Your Future Self Will Thank You

Protect Your Skin Every Day - Did you know? Skin cancer is the most common cancer in the United States, affecting **1 in 5 Americans** during their lifetime. Most skin cancers are linked to ultraviolet (UV) exposure from the sun and tanning beds.

5 Simple Ways to Stay Sun Safe



Wear sunscreen daily

Choose a broad-spectrum sunscreen with **SPF 30 or higher**, even on cloudy days.



Reapply often

Reapply sunscreen every **2 hours** and after swimming, sweating, or towel drying.



Seek shade

Limit direct sun exposure between **10 a.m. and 4 p.m.**, when UV rays are strongest.



Cover up

Wear a wide-brimmed hat, sunglasses with **100% UV protection**, and protective clothing.



Protect your lips and eyes

Use **SPF** lip balm and **UV-blocking** sunglasses.

Don't Skip Your Annual Skin Check - Regular skin exams can help detect skin cancer early, when it is most treatable. When melanoma is found early, the **5-year survival rate is 99%**.

Take action today - Add sun protection to your daily routine and schedule your annual skin screening.

Water Safety for Children and Adults

⚠️ Stay Safe Around Water

Drowning can happen quickly and quietly. Simple precautions help keep everyone safer during swimming, boating, and water recreation.

Children

👁️ Always supervise children closely near water.

🏊‍♀️ Enroll children in swim lessons.

🚧 Use pool barriers and secure gates.

🚤 Wear a Coast Guard-approved life jacket.

🕶️ As appropriate, sunglasses, a hat and sun shirt for added sun protection.

Adults

👯 Swim with a buddy whenever possible.

🚫🍷 Avoid alcohol while swimming or boating.

☁️ Check weather and water conditions.

🚤 Wear a life jacket during water activities.

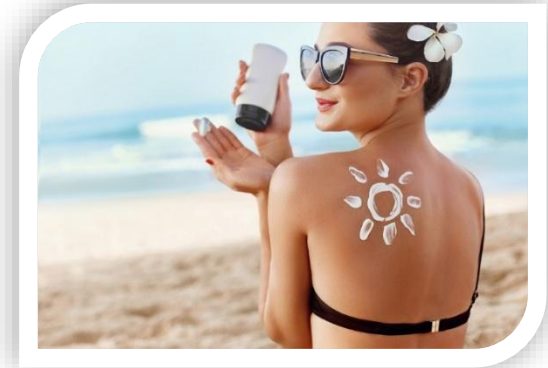
🕶️ As appropriate, sunglasses, a hat and sun shirt for added sun protection.

Be Prepared

❤️ Learn CPR and basic water rescue skills.

📱 Keep a phone nearby for emergencies.

🚤 Know where safety equipment is located.



Remember

- **Supervise**
- **Swim Smart**
- **Wear a Life Jacket**

Small safety steps can help prevent drowning and keep summer fun safe for everyone.

Summer Travel Wellness Checklist

Before You Go

- Refill prescriptions and pack medications.
- Check weather and health advisories.
- Pack a first-aid kit, sunscreen, and insect repellent.

During Travel

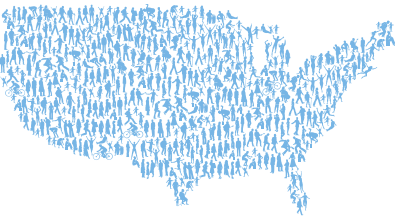
- Drink plenty of water to stay hydrated.
- Stretch and move regularly during long trips.
- Wash hands frequently or use hand sanitizer.

At Your Destination

- Apply SPF 30+ sunscreen and wear protective clothing.
- Prioritize sleep and maintain healthy eating habits.
- Watch for signs of heat-related illness, such as dizziness or headache.

Stay Safe

- Always wear a seat belt and use child safety seats.
- Wear a life jacket during boating and water activities.
- Keep emergency contact and insurance information accessible.



Travel Smart, Stay Well



At home or traveling? Need care now? Utilize 24/7 an urgent care alternative when the ER is not required, start your virtual visit through Sydney Health anytime! Using our Sydney Health mobile app, select **CARE** on the bottom navigation bar, then **Virtual Care, LiveHealth Online** Get live video care any time 24/7 from an on-demand board certified provider. Virtual Visits with LiveHealth Online may cost less than a traditional in-office visit.

Sources: CDC Travelers' Health: <https://wwwnc.cdc.gov/travel>, CDC Sun Safety: <https://www.cdc.gov/skin-cancer/sun-safety>, American Academy of Family Physicians: <https://familydoctor.org>, TSA Traveling with Medication: <https://www.tsa.gov/travel>, American Red Cross Summer Safety: <https://www.redcross.org>



Watermelon Feta Salad

Refreshing, hydrating, no cooking required, and perfect for hot summer days. **Ready in 5 minutes!**

Ingredients (4 servings)

- 4 cups seedless watermelon, cubed
- ½ cup crumbled feta cheese
- ¼ cup fresh mint leaves, chopped
- 1 tablespoon lime juice

Directions

1. Combine watermelon, feta, and mint in a large bowl.
2. Drizzle with lime juice.
3. Toss gently and serve chilled.

Nutrition Benefits

- 🍉 Watermelon provides hydration and vitamin C.
- 🌿 Mint adds fresh flavor without added calories.
- 🧀 Feta contributes protein and calcium.



Summer Wellness Tip

Prepare ahead and store in the refrigerator for a quick, refreshing snack or side dish at picnics, cookouts, and family gatherings.

Source: Adapted from the American Heart Association's healthy recipe collection:
<https://recipes.heart.org>

MARK YOUR CALENDARS: Upcoming Events in Virginia



Join Team Anthem at one of several spring events. Walk, run, support, or simply enjoy! Your partnership and participation is appreciated!

[Anthem Lemonaid¹](#)

Date: July 17-19, 2026

Location: Anywhere

Host a stand or donate to a stand!



Anthem 

LemonAid

presented by Richmond Ford

Anthem LemonAid presented by Richmond Ford supports hematology and oncology services² at Children's Hospital of Richmond at VCU. While CHoR offers the best care close to home for many families, patients also come to the hospital from across Virginia and outside of the Commonwealth for our team's approach to caring for the whole child and advanced treatment options.

1. <https://www.lemonaidforkids.org/>

2. <https://www.chrichmond.org/services/hematology-and-oncology>