



HealthAdvocate™

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Staying Safe in the Summer Heat

As the days get warmer, it becomes increasingly important to stay hydrated and keep your body cool. Whether you are spending a leisurely day at the beach or going for an outdoor run, you should make sure that you are taking the proper steps to prevent dehydration and overheating.

[Find out more >>](#)



Remember the ABCs of skin cancer

According to the American Cancer Society, skin cancer is the most common of all cancer types. More than 3.5 million people are diagnosed with skin cancer each year in the United States—that's more than all other cancers combined. Too much exposure to the sun's harmful UV rays is the number one cause of skin cancer. Take these steps to



Opioid misuse: What you need to know

Have you or a loved one been prescribed opioid painkillers like hydrocodone (e.g., Vicodin) or oxycodone (e.g., OxyContin or Percocet) and worry about misusing them? It's a common concern. An estimated 2.1 million people in the U.S. are suffering from substance abuse related to these powerful pain relievers. Spotting the beginning signs of

defend your skin against sun damage and help protect you from skin cancer.

[Learn how >>](#)

abuse early can lead to successful interventions. Look for these warning signs.

[Read now >>](#)



National Safety Month

In honor of National Safety Month, read some helpful water sport safety tips.

[Click here >>](#)



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