



BE YOUR BODY'S BESTIE 101

PROTECT

AND DEFEND

Remember that time your buddies stepped in to stop you from going through with a bad idea that could have ended in catastrophe? Just as your mates have protected and defended you over the years, your body needs you to be actively protective too.



Whether it's childhood immunisations or taking seasonal precautions (**hello summer!**).

There are many simple steps you can take to keep your body strong, healthy and safe, and OMSMAF is right here with the benefits you need to do just that.

Speaking of summer

Now that the warmer weather is here, you and your loved ones will no doubt be spending more time outdoors so a quick recap on some top sun safety tips couldn't hurt, could it? Even more so if you have children under the age of 18 to 21 years, as the majority of damage that can lead to skin cancer is done before this age. Yikes!



Before we get into some quick basics on sun safety

We just want to ensure you are up to speed on the **newly added Dermatologist Consultation benefit** that provides beneficiaries over the age of 35 across all OMSMAF benefit options with a bi-annual consultation with a dermatologist specifically for skin cancer screening. Since our country has one of the highest skin cancer rates in the world, this is another great wellness benefit that your body definitely wants you to use so call us on 0860 100 076 to find out about how to access it.

And now

If you didn't spot them in our newsletter, here are five top tips on how to be a good bestie to your body and that of your young ones when you're having fun in the sun:

1. Use sunscreen every day, after applying your moisturiser and before putting on make-up, if using.
2. Make sure your sunblock has a minimum sun protection factor (SPF) of 30.
3. Reapply sunblock liberally every two to three hours when spending time outdoors and don't miss those easily overlooked areas, such as the tips of the ears and between the toes.
4. Avoid the sun at its hottest hours, between 10:00 and 16:00 in the height of summer.
5. Wear a wide-brimmed hat, protective clothing and UV-protective sunglasses when you are outside.



There's more great info about your wellness benefits still to come but in the meantime, remember that the better care you take of your body, the better it can carry you through life.

The dermatologist consultation benefit can only be accessed once every two years.

**CHAT SOON,
THE OMSMAF TEAM**