

# TRUST CONNECT

Stay in tune with your health & wellness

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## Fun in the Sun

The warm summer sun is here and as we approach the other side of the COVID-19 pandemic, hopefully, you're able to enjoy doing activities you love.

According to the Centers for Disease Control and Prevention (CDC), if you are fully vaccinated, you can resume activities you did before the pandemic. However, we all must remain aware of state and local regulations, and business guidelines. Visit the CDC online at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for the most up-to-date information.

In this issue, you will find tips for staying healthy this summer, information on changes to screening recommendations from the United States Preventive Services Taskforce (USPSTF), and other helpful information.



## Tips for a Healthy Summer from the CDC

Follow these tips to safely enjoy summer to the fullest:

- 1. Move More, Sit Less!**
- 2. Wear Sunscreen & Insect Repellent**
- 3. Keep Cool in Extreme Heat**
- 4. Eat a Healthy Diet**
- 5. Beat the Heat with Water!**
- 6. Don't Use Tobacco**



# Protecting Your Skin in the Summer Sun

Have fun while protecting your largest organ—your skin!

Around 3.3 million Americans are diagnosed with skin cancer each year, making it the most common of all types of cancer, according to the American Cancer Society. It is important to take steps to prevent sun damage and skin cancer. Before you head outside, remember:

**Apply Sunscreen:** A broad-spectrum SPF 15 or higher sunscreen 20-30 minutes before heading outdoors protects your skin from UVA and UVB rays. Be sure to reapply every few hours.



**Stay Covered:** If possible, wear long-sleeved clothing, hats, and sunglasses to shield your skin from the sun. You can also avoid direct sunlight under an umbrella or tree.

**Timing:** Try to avoid going outside around 10 a.m. to 3 p.m. when UV rays are at their highest levels.

**Talk to Your Doctor:** As we age, our risk of developing skin cancer increases. Pay attention to your skin and if you notice a worrisome change, talk to your doctor.

The sun provides us many benefits—vitamin D, warmth, light, feelings of joy, and more—however, it can have harmful effects on our skin if the proper precautions aren't taken. Before you head out into the sun, remember to protect yourself.

Learn More: [cdc.gov/cancer/skin](https://cdc.gov/cancer/skin) | [cancer.org](https://cancer.org)

# Lung & Colon Cancer Screenings

**U.S. guidance lowers recommended age for important health screenings.**

The USPSTF recently made changes to their lung and colon cancer screening recommendations.

## Lung Cancer Screening

For the early detection of lung cancer, the USPSTF lowered the recommended screening age from 55 to 50. Under the new guidelines, adults ages 50 to 80 who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years should be screened annually.

**Screening Type: Low-dose x-ray (CT scan).**

## Colon Cancer Screening

The USPSTF lowered the recommended screening age from 50 to 45 for asymptomatic people of average risk, with no prior diagnosis of colorectal cancer, history of colon or rectal polyps, or personal or family history of genetic disorders that put them at higher risk.

**Screening Type: Several options are available including a colonoscopy and at-home stool tests.**

## You're Covered

Under your Trust benefits, these screenings are covered. Talk to your primary care physician (PCP) about what is best for you. If you do not have a PCP, call the number on the back of your medical ID for assistance finding one.

Learn More: [uspreventiveservicestaskforce.org](https://uspreventiveservicestaskforce.org)



## Prevention is Important

Health screenings are an important part of prevention.

These and other screenings, along with your physical annual exam can help you:

- **Prevent** serious health conditions.
- **Detect** conditions early.
- **Treat** conditions in the early stages.

Early diagnosis and treatment generally lead to better health outcomes.



# International Travel Coverage

In addition to getting back to socializing, many of us are ready to travel. Whether you are traveling or live internationally, understanding how your health care coverage works abroad is important.

Your Trust coverage will only pay for health care claims outside of the United States (including on cruise ships), if the services are urgent or an emergency. There is no coverage for routine care.

If you are planning a long trip outside the U.S. and will need coverage for routine care, consider a travel insurance policy. An insurance or travel agent can provide you with more information.

If you have a medical emergency out of the country, you may be required to pay your expenses upfront and be reimbursed by the plan later:



## Have Ideas?

Are there other health-related topics you'd like covered in this newsletter? We'd love to hear from you, email us at [uawtrust@rhac.com](mailto:uawtrust@rhac.com) with your ideas.

### Blue Cross Blue Shield

Traditional Care Network (TCN), Enhanced Care Plan (ECP), and Medicare Advantage (MA) PPO

- Contact Global Core at 800-810-2583 or visit [bcbsglobalcore.com](http://bcbsglobalcore.com) for assistance with emergencies within 24 hours of admittance.

### Aetna

Medicare Advantage (MA) PPO

- Contact Aetna at 800-663-0885 or visit [aetnamedicare.com/uawtrust/en/contact-us/print-forms.html](http://aetnamedicare.com/uawtrust/en/contact-us/print-forms.html) to download a reimbursement request claim form.

### Other Health Plans

- Contact your health plan carrier for more information by calling the number on the back of your medical ID card.