

LIVWELL

Updates



Summer Health & Hydration



We all know it's important to use an SPF product to protect us against the sun. But how much do you really know about sunscreen? Here are a few quick facts from The Skin Cancer Foundation and the American Academy of Dermatology. Learn more about different types of sunscreen, why it helps and what those little numbers really mean.



What is sunscreen?

Sunscreen is a cream, oil or other topical treatment that helps **prevent the sun's ultraviolet (UV) radiation from reaching your skin.**

Are there different types of sunscreen?

Yes. **Mineral and chemical sunscreen ingredients are both used to create different types of sunscreen.** Both have been tested as safe and effective by the U.S. Food and Drug Administration.



Mineral sunscreens block and scatter the sun's rays before they penetrate your skin. For a mineral sunscreen, ingredients listed on the label may include **titanium dioxide** and **zinc oxide.**



Chemical sunscreens absorb UV rays before they can damage your skin. For a chemical sunscreen, ingredients listed on the label may include **avobenzone** and **octisalate.**

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MONEY MATTERS

Tune In! Check out upcoming live webinar opportunities from Magellan EAP.

Retirement Planning: Getting Started
June 14th.

Register here: [9 am PT](#) | [12 pm PT](#)

Learn the importance of establishing a retirement savings goal. Adopt goal-setting strategies that can help you stay on track. Also review common types of investment accounts for your savings.

Dreaming of Retirement
June 23rd.

Register here: [9 am PT](#) | [12 pm PT](#)

Build a plan for sustaining the retirement lifestyle you envision. Learn to calculate whether you're on track to have the necessary income and assets to make your retirement dreams come true.

Click links above to register.

Visit LIIBenefits.com for more information



WELLNESS WEDNESDAY

A monthly series of micro-sessions with tips, tricks and hands on activities to make wellness actionable and attainable!

This month: *Social Wellness*

Social wellness refers to the relationships we have and how we interact with others. Social wellness involves building healthy, nurturing, and supportive relationships as well as fostering a genuine connection with those around you.

Click [here](#) to learn more





How are
you?

Find out with a Health Screening, it's easy and free!

It's time to check in on your total well-being.

Schedule your Health Screening and get back to living well. LII makes getting your Health Screening easy and convenient with three options.

1. **ONSITE HEALTH SCREENING**

Visit www.LIiveWell.com to schedule a screening. Ask your local HR representative for dates and times.

2. **LABCORP FACILITY**

Visit www.LIiveWell.com to find a LabCorp near you that offers "Employee Wellness with Body Measurements." Download the Lab Requisition Form and take it with you. The lab will submit your results automatically.

3. **VISIT YOUR DOCTOR**

Print the Physician Form on www.LIiveWell.com before your exam. Ask your doctor to complete the form during your exam. Either you or your doctor can submit the form via email or fax.



Blood Pressure



BMI (height and weight) or Waist Circumference



HDL Cholesterol



Triglycerides



Blood Glucose

SEPTEMBER

30

Employees and covered spouses must complete, submit and meet or improve 3 out of 5 metrics by 9/30/2022 to avoid the surcharge.*

[Click Here to Get a Head Start on Your Health Screening](#)

NEED HELP WITH YOUR HEALTH SCREENING NUMBERS?

LIIveWell Can Help!

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- Livongo, Calm & EAP - Blood Pressure & Stress Management
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