

SUMMERTIME SKIN CARE TIPS

Summer is here and the bright sunny days will likely lure you outside. This increases your sun exposure and puts your skin at risk. Before you head outdoors, keep these essential tips in mind:

- Avoid the sun during the middle of the day, especially between 10 AM to 4 PM.
- Wear sunscreen whenever outdoors.
- Wear protective clothing, such as a broad-brimmed hat and clothes that cover your arms and legs.
- Avoid tanning beds.
- Be aware that some medications can make your skin more sensitive to sunlight. Read labels thoroughly and ask your pharmacist or physician for advice on which medications may cause these issues.
- Regularly check your skin and schedule an appointment with your dermatologist if you see worrisome changes.



BENEFITS PROVIDERS

HEALTH INSURANCE

Anthem Blue Cross
Blue Shield
855-747-1137
Nurse Line: 800-337-4770
www.anthem.com

DENTAL INSURANCE

Metlife
1-866-832-5756
www.Metlife.com/mybenefits

FLEXIBLE SPENDING ACCOUNTS

Discovery Benefits
1-866-451-3399
www.discoverybenefits.com

VISION INSURANCE

Davis Vision
1-877-923-2847
www.davisvision.com

PRESCRIPTION DRUG COVERAGE

KY Rx Coalition
855-218-5979
www.kyrx.org

Express Scripts, Inc.
1-800-298-6890
www.express-scripts.com

LIFE INSURANCE

MetLife
1-800-638-6420

LONG TERM DISABILITY

MetLife
1-800-858-6506

SHORT TERM DISABILITY

Manhattan Life
(formerly Humana)
1-877-378-1505

RETIREMENT PLAN PROVIDERS

Fidelity Investments
1-800-343-0860
www.netbenefits.com

TIAA
1-800-842-2252
www.tiaa.org

KDC (457 only)
1-800-542-2667
www.kentuckydcp.com

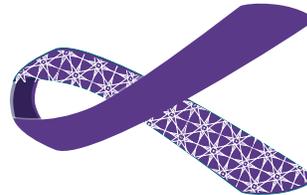
MAY IS SKIN CANCER/MELANOMA AWARENESS MONTH

The most common types of skin cancer are squamous cell carcinoma, basal cell cancer and melanoma. All of these are cause for concern, but melanoma is the most serious type of skin cancer. It can develop anywhere on your body in otherwise normal skin or in an existing mole. Melanoma often appears on the face or trunk on men and on the lower legs on women. **To learn more about melanoma and other skin cancers, visit <https://www.skincancer.org/skin-cancer-information/melanoma>**

JUNE IS ALZHEIMER'S AWARENESS MONTH

Alzheimer's disease affects millions of Americans. According to the National Institutes of Health, an estimated 5.5 million Americans over age 65 may have Alzheimer's. It also affects an estimated 200,000 people under age 65. This progressive disease affects memory, thinking and behavior. Researchers do not believe there is a single cause but rather multiple factors, including genetics, lifestyle and environment. To reduce risk, maintain a healthy diet, stay socially active, avoid tobacco and excess alcohol and exercise both body and mind.

One of the earliest signs of Alzheimer's disease is memory loss that disrupts daily life. Individuals with Alzheimer's often find it difficult to complete routine tasks such as driving to a familiar place or managing a budget. They may have difficulty understanding visual images and spatial relationships or show confusion in understanding time or place. Other signs of the disease include difficulty with words in speaking or writing, misplacing things and the inability to retrace steps. People with this illness may begin to withdraw from work or social activities and have changes in mood and personality. Such changes can lead to social isolation and confusion, suspicion, depression and anxiety, especially when routines and comfort zones are disrupted. It is important to see a medical provider if any of these symptoms begin to show up in you or a loved one. Early detection is important and creating a plan of action can provide helpful guidelines for coping with the day-to-day challenges. While there is no cure for Alzheimer's, drug and non-drug options can treat the symptoms and give patients and their caregivers the tools needed to maintain quality of life.





WHEN WAS THE LAST TIME YOU CHECKED YOUR LIFE INSURANCE BENEFICIARIES?

Did you really mean for your life insurance money to go to the nephew you haven't seen in a decade? As family situations ebb and flow, it's a good idea to review **who** will receive your life insurance benefit. UofL's Human Resources Department will use whatever they have on file. That means statements made to a family member, a will, or any other document won't change your beneficiary. It's easy to check your beneficiary status by using ULink.

Here's how you can access beneficiary information:

- Go to ulink.louisville.edu and log in with your UofL credentials.
- Click on Faculty/Staff Tab
- Under Human Resources, Employee Benefits, click on Benefits Summary.
- Verify your login with UL2FCTR.
- Scroll to Basic Life and click on link.
- View your current beneficiaries. To make changes, click on Edit. Make your necessary changes and then make sure to click save.

LIVONGO FOR DIABETES: A FREE HEALTH BENEFIT THAT MAKES LIVING WITH DIABETES EASIER

If you or a family member are diabetic, UofL has a partnership with Livongo that could make it easier to track and manage the disease.

The free program is for employees and dependents who have diabetes and are covered through one of the university's health plans.

What you get:

- Connected Meter: automatically uploads your blood glucose readings to your secure online account and provides real-time personalized tips.
- Support from coaches: communicate with a coach anytime about diabetes questions on nutrition or lifestyle changes.
- Unlimited strips: when you are about to run out, supplies are shipped right to your door.

To enroll the program, see join.livongo.com/UOFL/begin

