

SimplyWell LLC
9140 W. Dodge Road, Suite 408
Omaha, Nebraska 68114
1.877.991.9355

July Snippets

UV Safety Month

UV rays can cause temporary blindness in just a few hours

The days are longer, the sun is hotter, the outdoors beckon and out comes the sunscreen. Skin protection is important for summer revelers looking forward to fun in the sun, but make sure you don't overlook your eyes when protecting yourself from damaging ultraviolet rays.

The American Academy of Ophthalmology warns that long-term exposure to bright sunlight may increase the risk of cataracts and growths on the eye, including cancer. UV rays reflecting off of sand or water can sunburn your eyes, potentially resulting in temporary blindness. Here are five habits that you can implement into your summer routine to help reduce your risk of eye damage from the sun:

UV Safety Tips...

- Wear sunglasses labeled "UV400" or "100 percent UV protection" only.
- Never stare at the sun as it can cause irreversible damage to your retina.
- Wear a broad brim hat when possible.
- Check your medication labels – 1 in 3 adult's uses medication that could make their eyes more vulnerable to UV ray damage.
- Don't drive without wearing UV eye protection as not all car windows offer protection from UV light.

Practice these healthy habits and have your eye doctor perform an annual eye examination. Make sure to record your appointments in your SimplyWell member portal to help you track your examination history from year to year.

Source: [American Academy of Ophthalmology](#)

SimplyWell LLC
9140 W. Dodge Road, Suite 408
Omaha, Nebraska 68114
1.877.991.9355

Donate Life ECHO

58% of patients waiting for a transplant are from multicultural communities

Launched in 2015, this two-week national campaign focuses on the importance of organ donation and transplantation in multicultural communities. ECHO stands for **Every Community Has Opportunity** – the opportunity to save and heal lives.

There are currently 118,000 people waiting for a transplant and every 10 minutes another person is added to the waiting list. As an organ, eye and tissue donor you have the potential to save and heal more than 75 lives.

You can access more information about organ donation on your SimplyWell portal. Under the My Plan menu, mouse over Education Modules. Click on View All Education Modules, and type organ donation in the search bar.

Source: [Donate Life America](#)