

**SUBJECT LINE:** Summer Wellness: Stay Hydrated & Protect Your Skin




Hi [Employee Name],


Summer is here, longer days, sunshine, and plenty of opportunities to enjoy the outdoors. A few simple steps can help you feel comfortable, supported, and safe, whether you're resting indoors or soaking up the fresh air.

### **Stay Hydrated**

Fluids are key to supporting energy, well-being, and your body's needs during cancer care. Iris' board-certified oncology dietitian, Stephanie M., MS, RD, LDN, shares a few ways to stay hydrated:


 **Start early:** Spread fluids throughout the day to reach 8–10 glasses (8 oz each).

 **Mix it up:** Try cold drinks with fruit or veggies, warm beverages, or frozen options like ice pops.


 **Keep it visible:** A water bottle or favorite drink in sight is a simple reminder to sip regularly.


### **Protect Your Skin**

Sunlight can lift your mood, but treatment can make skin more sensitive. A few precautions from Iris' senior oncology nurse, Jessica S., BSN, RN, OCN, can keep your time outdoors safe and comfortable:

 Apply broad-spectrum sunscreen with SPF 30 or higher

 Wear protective clothing: wide-brimmed hats, sunglasses, and UPF-rated fabrics

 Seek shade whenever possible

 Moisturize afterward to soothe dryness or irritation

A little preparation goes a long way toward feeling your best this summer.

[Company Name] offers Iris, a no-cost, 24/7 cancer support program from Blue Cross Blue Shield of Michigan. Through Iris, you can connect with oncology-trained nurses, dietitians, and mental health therapists for support with everything from side effects and nutrition to hydration and sun safety.

Enjoy summer with confidence, and activate your Iris account today for personalized support anytime: [IrisOncology.com/bcbsm-signup](https://IrisOncology.com/bcbsm-signup)

Warmly,

[Signature]

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