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True Health New Mexico Producer Update

July 2, 2019

Stop by our tent at Freedom 4th!

True Health New Mexico is the title sponsor again this year for the City of Albuquerque's free [Fourth of July celebration](#). Plan to come out, enjoy the music and food, and stop by our tent for sunscreen, giveaways, and more.

Freedom 4th will take place at Balloon Fiesta Park on July 4 from 3:00 to 10:00 p.m.



Join our July Fitbit challenge: Red, White, and True Blue

If you have already received your Fitbit and have joined our online Fitbit community and a team, then you probably already know that our latest challenge, **Red, White, and True Blue**, began on July 1. In this challenge, you will compete with other teams for the highest total steps based on the average daily step count.



It's hot out there, so find ways to get in as many extra steps as you can safely. Try taking the stairs instead of the elevator, working out at the gym in air-conditioned comfort, or getting up 15 minutes earlier to walk your dog.

This challenge runs **through July 8**. Happy stepping!

Remember, our [Fitbit True Wellness Program](#) offers employers and their dependents ages 18 and older discounted pricing and a credit toward the Fitbit device of their choice when they take a Health Risk Assessment (which is available in English and Spanish) through our secure online member portal. Wearing a Fitbit helps people increase their physical activity, track progress, and participate in fun group challenges like the one above.

To learn more, visit the [Fitbit True Wellness page](#) of our website or contact your True Health New Mexico Account Manager.

Case and disease management services assist members who need extra support

True Health New Mexico has a [Case Management Program](#) to help members and their caregivers who have multiple or complex medical problems. Our Case Managers coordinate medical information and treatment alternatives, identify any resources

needed to support our members' care, and work with members, their caregivers, and their healthcare providers. Case Managers guide members into an appropriate plan of care designed to help them regain optimum health.

True Health New Mexico also offers [Disease Management Programs](#) to members with asthma and diabetes. These programs can help improve quality of life while keeping healthcare costs under control. Our **Asthma** Management Program educates members on ways to control their condition and avoid complications. Whether members have been diagnosed with **diabetes** recently or have had it for a long time, our Diabetes Management Program can help them understand this complicated condition and how to control their blood sugar levels.

To learn more about how a Case or Disease Manager can help a True Health New Mexico member or their family member, call us at 1-844-691-9984.

Protect your skin better during UV Safety Month

Exposure to ultraviolet (UV) radiation is a major risk factor for most skin cancers. Sunlight is the main source of UV rays, but tanning lamps and beds are also sources. Although UV rays make up only a very small portion of the sun's rays, they are the main cause of the sun's effects on the skin because they damage skin-cell DNA.



There are three main types of UV rays:

1. **UVA rays** age skin cells and can damage their DNA. These rays are linked to long-term skin damage such as wrinkles, but are also thought to play a role in some skin cancers.
2. **UVB rays** have slightly more energy than UVA rays. They can damage skin cells' DNA directly and are the main rays that cause sunburns. They are also thought to cause most skin cancers.
3. **UVC rays** have more energy than the other types of UV rays, but they don't get through our atmosphere and are not in sunlight. They are not normally a cause of skin cancer.

New Mexico has some of the highest UV indexes in the country during the summer, so it's important to take steps to preserve skin health. Whether you're swimming, hiking, or going on a long car trip, it's a good idea to apply sunscreen and take some with you. Here are some tips for protecting your skin.

- **Apply and reapply sunscreen faithfully and correctly.** A good rule for buying sunscreen is to pick one that is at least 15 SPF, waterproof, and broad-spectrum. That means it protects your skin from both UVA and UVB rays.
- **Wear protective clothing.** Hats, sunglasses, umbrellas, and light-colored clothing are excellent ways to protect your eyes and skin when outdoors.
- **Avoid tanning.** There is no such thing as a healthy tan. Indoor tanning is especially hazardous to skin health because it is designed to emit intense UV radiation over a short period of time.
- **Treat sunburn quickly.** If you do get a sunburn, moisturize it regularly with lotion. Aloe vera gel or lotion also can help heal mild sunburn. Drink lots of

fluids and be careful not to scrub or pick at the damaged skin.

To learn more about UV Safety Month, get additional tips from one of our medical directors, and find mobile apps related to sun safety, visit our [Topic of the Month page](#).

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- [June 6, 2019](#)
- [June 3, 2019](#)
- [May 2, 2019](#)

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