

# BENEFITS NEWS

July 2023



## Skin and Sun Safety

With sunny days comes more sun exposure. It's important to protect your skin from the sun to avoid sunburns and an increased risk for skin cancer. Knowing the signs of skin cancer and early treatment are key. BCBS has many resources available from providers to health information to keep you safe. Learn more about the [warning signs of skin cancer](#), [how to protect your skin](#) and [how to select sunscreen](#).

## Catapult Virtual Checkup

If you are enrolled on one of Powell's medical plans, you and your dependents (18 years or older) can do preventative health screenings through a home kit. The virtual checkup consists of an easy-to-use home checkup kit followed by a private video consultation with a licensed nurse practitioner. You'll get a clear understanding of your critical health metrics and a personal action plan to address any areas of concern. For more information and to order a kit, [click here](#).



## Benefit Resources:

[BCBS Provider Finder](#): 1.800.521.2227

[VSP Provider Finder](#): 1.800.877.7195

[HRA/FSA](#): Prescription sunglasses and sunscreen are eligible expenses

**Text **BENEFITS** to 833-234-9576 to receive text messages regarding important Benefits information.**

Questions on Benefits? Check out Powell's Benefit Web Portal, [EMPOWERED](#) or call the Powell Benefits Center at 1-855- 855-7610.