

WELLNESS CONNECT



Skin Cancer Awareness

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Greetings HCS Employees,

May is Skin Cancer Awareness Month! Skin is your body's largest organ and it is connected to our health and vitality. Too much sun exposure can lead to premature aging and skin cancer, which is the most common kind of cancer in the United States. Below are some tips to promote healthy skin!

Wear Sunscreen

When choosing a sunscreen, make sure to choose one that is labeled "Broad Spectrum." This means that the sunscreen blocks out both UVA and UVB rays.

Regular Skin Cancer Screening

Regular skin cancer screenings help to ensure healthy skin. This is most important for those who have light skin and freckles, light hair and eye color, have more than 50 moles, live in sunny areas, or use the tanning bed.

Stay Hydrated and Eat High Antioxidant Foods

Before spending more money on anti-aging products, first, make sure you are drinking enough water. Also, focus on raw, watery, enzyme-rich foods high in antioxidants which help regenerate skin cells.

To learn more about skin cancer prevention, click [here](#) and visit one of our clinics or book an appointment with a Health Coach! To schedule an appointment with a Health Coach, email healthcoach@121.health.

Reminder: The webinar for May is all about Movement! Please join your HCS Health Coaches on Monday, May 16th from 4-5 pm. Register online at hamiltoncoschools.wellright.com under the Calendar tab!

HCS EDHEALTH & WELLNESS

Clinic services are available to Hamilton County Schools employees, spouses, dependents, and retirees enrolled on an HCS insurance plan. Clinic services are provided to you at no cost!

HCS Hickory Valley

3074 Hickory Valley Road, Bldg. 229
Chattanooga, TN 37421

Hours:

Monday: 8am-6pm

Tuesday: 7:30am-6pm

Wednesday: 7:30am-6pm

Thursday: 8am-6pm

Friday: 7:30am-4pm

Saturday: 8am-12pm

Walk-in Hours: Mon & Thurs: 9am-11am

Sat: 8am-12pm

HCS Hixson

4206 North Access Road
Chattanooga, TN 37415

Hours:

Monday: 7am-5pm

Tuesday-Friday: 7am-4pm

Saturday: Closed

Walk-in Hours: Wed & Fri: 1pm-3pm

HCS Riverfront

1067 Riverfront Parkway, Suite 201
Chattanooga, TN 37402

Hours: Mon-Fri: 8am-5pm

Walk-in Hours: Tues: 9am-11am

HCS EdHealth& Wellness clinics are now offering FREE diabetic meters and strips! Supplies are available to all clinic-eligible members.

Contact us today to learn more!

P: 423-558-3111

E: patientserviceshcd@121.health

www.hcsedhealth.com