

Stay Active MIAMI

Run. Do yoga.
Dance. Walk. Bike.
Skip. Jump. Sprint.
Swim. Ski.
Kickbox. Jog.

MAY is Fitness & Skin Cancer Awareness Month

Cigna Onsite Health Coach

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**RISK
MANAGEMENT
DEPARTMENT**
GROUP BENEFITS
DIVISION

SKIN CANCER PREVENTION



CAUTION REFLECTIVE



APPLY SUNSCREEN



DO NOT BURN/TAN



GET VITAMIN D SAFELY



SEEK SHADE



PROTECTIVE CLOTHING