

Protect your Skin from the Sun

It is that time of year again. Time to start thinking about being outside more and thinking about how to protect yourself from the sun. No matter which kind of protection you choose, you need to follow some basic rules. For example, you need to apply your sunscreen 15-30 minutes before going outside and reapply every 2 hours at minimum.

Sunscreen bottles will have a number for SPF. But, what exactly does that mean? SPF stands for Sun Protective Factor and SPF 15 or higher is recommended. SPF is an estimate of how long a person can stay in the sun without obvious sunburn. For example, if a person would burn in 10 minutes with no protection, then SPF 15 sunscreen will protect 15 times longer or 150 minutes...and SPF 30 would protect 30 times longer or 300 minutes.

SPF applies only to UVB...not UVA. UVB rays cause the sunburn while UVA causes skin aging and skin cancer. For proper sun protection, use sunscreens that have both UVB and UVA protection. UVA ratings will start to appear on labels. FDA has proposed 1, 2, 3, or 4 stars indicating low, medium, high, or highest UVA protection. For now, use sunscreens labeled broad-spectrum. These contain UVA blockers such as avobenzone, zinc oxide, and/or titanium.

Also certain medications can cause your skin to be more sensitive to light and you need to take special precaution before going outside. It usually has rapid onset and manifests as an exaggerated sunburn. Medications such as Cipro (antibiotic), Prozac (antidepressant), amiodarone (for irregular heart beat), isotretinoin (for acne), thiazides (water pill), and even common over-the-counter products like ibuprofen (pain reliever) have reported incidences of photosensitivity. Check with your pharmacist to find out if your medications can increase photosensitivity.

KAPIDEX™ now on BeyondRx formulary

Gastroesophageal Reflux Disease (GERD), also commonly known as acid reflux disease, affects nearly 19 million Americans and is often characterized by frequent and persistent heartburn. GERD can affect both men and women, and symptoms are often triggered by certain foods, stress or pressure on the stomach. It occurs when the valve at the lower end of the esophagus does not work properly.

Kapidex capsule is a new once-daily, oral treatment for heartburn associated with GERD. Proton pump inhibitors (PPIs) like Kapidex work to reduce acid production by turning off many of the acid pumps in the stomach. Kapidex is uniquely formulated to release medication initially at 1 to 2 hours then at 4 to 5 hours to provide longer acid control. In addition, unlike other PPIs, it can be taken regardless of when food is consumed. Talk to your doctor to find out if Kapidex is right treatment for you.

Welcome!

BeyondRx, a second generation Pharmacy Benefit Manager, serves employers and other groups that want affordable prescription programs for their members.

We invite you to visit us at www.beyond-rx.com to locate a pharmacy near you. Or you can call us at 866-247-9996, ext. 2. We will be happy to assist you! If you find that your pharmacy is not currently participating in our program, feel free to share our information with your pharmacist and encourage him or her to join our network.

P.O. Box 26546
Shawnee Mission, KS 66225

phone: 913-661-0299, ext. 2
toll free: 866-247-9996, ext. 2

www.beyond-rx.com



How are we doing?

Contact us at
info@beyond-rx.com

Learn about your Health and Wellness!

BeyondRx is pleased to offer you the All New Health Education Answers. This online program, presented by a neighborhood of helpful hosts, provides information about your health and wellness. It features interactive quizzes, surveys, and challenges. The site begins by encouraging you to make improvements right in your own home. You will learn how to build and maintain good health and wellness for you and your family. In addition to wellness, the All New Health Education Answers includes information in these health areas:

- ADHD (Attention-Deficit/Hyperactivity Disorder)
- Bipolar Disorder
- Depression
- Diabetes
- Diabetes Complications
- Manage Your Weight
- Medication Safety
- Men's Health
- Schizophrenia
- Smoking & Addictions
- Women's Health



We are offering the All New Health Education Answers to help you build a better you... from the ground up. The more you know about health and wellness, the more empowered you will be to make changes in your life and the better you may feel. So drop by the neighborhood to see the latest developments on the site. There are two simple ways to log on:

Go to <http://www.healtheducationanswers.com/Launch/beyondrx>; or

Go to <http://www.beyond-rx.com>, click on "Helpful Resources"; then click on "Health Education Answers."

We hope you find this tool to be a vital resource for keeping you and your family healthy and safe.

P.O. Box 26546
Shawnee Mission, KS 66225
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Office Hours and Holidays

BeyondRx's office hours:

Monday-Friday from 8:00 am to 7:00 pm CST.
Saturday hours are 9:30 am to 3:30 pm CST.
Holiday hours: Office Closed

2009 HOLIDAYS

New Years Day Thursday, January 1
Memorial Day Monday, May 25
Independence Day Friday & Saturday, July 3 & 4
Labor Day Monday, September 7
Thanksgiving Thursday and Friday, November 26 & 27
Christmas Friday, December 25