

# Safe Swimming with Sickle Cell™

The Safe Swimming with Sickle Cell program from The Cigna Group® was created by an employee, and parent of a sickle cell warrior, to help kids be safe around water and to encourage and empower them to thrive beyond their disease.



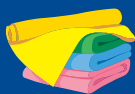
## The 4 Ps to know before you dive in

- ✓ **Pre-hydrate**
- ✓ **Pool temperature** should be in the mid-80's
- ✓ **Put on sunblock**
- ✓ **Play and have fun!**



### Take frequent breaks

Every 20 minutes and watch for shivers



### Warm up, towel down

Head, shoulders, knees and toes



### Get dry

Remove wet clothes and wrap yourself in a towel



### Cool down

Hydrate and rest

**Swimming builds camaraderie and confidence for kids with sickle cell disease.** By taking appropriate precautions, swimming is a life skill that improves physical, emotional and mental well-being.



Scan to learn more about our Safe Swimming with Sickle Cell program today!