



**BlueCross BlueShield
of Illinois**



This spot check could save your life

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Skin cancer is the most common form of cancer in the United States. **The good news is most types of skin cancer are curable if detected early.** Learn about your own pattern of moles, freckles, blemishes and other marks on the skin so you can notice changes during monthly self-exams.

Changes to watch for include:

- A new growth
- A spot that is getting larger
- A visible sore that doesn't heal within three months
- A mole that changes in size, shape or color

The American Cancer Society recommends a cancer-related check-up by a physician, including a skin examination, every three years between ages 20 and 40, and annually for those 40 and older.* You can also log on to the American Academy of Dermatology's Web site at www.aad.org to learn about free skin cancer screenings offered in your area.

Remember to limit unprotected exposure to the sun and to always perform your regular self-exams. Spotting skin cancer early is half the cure.

Check your benefits booklet to determine if your health plan coverage pays for this type of screening.

**American Cancer Society*