

Your Challenge

# Scan Your Tan

Do a skin check by examining your full body or schedule an appointment with a dermatologist to complete a skin cancer screening. Look carefully at moles, freckles, and rough skin areas, especially if you notice a change in size, texture, or color. If you see something that looks questionable, schedule an appointment to have it evaluated further. Be sure to check with your insurance provider to determine how your plan covers this screening.

- **SCAN YOUR TAN**

Complete skin checks at least annually to identify areas of concern early.

- **WEAR SUNSCREEN**

Apply sunscreen with a minimum of 30 SPF before outdoor activities.

- **WEAR PROTECTIVE CLOTHING**

Keep a hat, extra sunglasses, and UV-protective clothing in your car in case you are in the sun unexpectedly.



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