

Health & Wellness Tip of the Week

Week 21 May 21, 2018

Our mission is to promote health awareness and encourage healthy lifestyles.



BlueCross BlueShield
of Texas

Take wellness to heart

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Member of the Blue Cross and Blue Shield Association.

Skin Cancer: Watch For The Warning Signs

As visions of summer breaks, beach vacations and outdoor sports dance in our heads, remember that all that fun - in - the - sun time can cause harm that leads to skin cancer. It's the most common form of cancer in the U.S. and is almost always curable - if caught early.

Look for changes:

- Learn where your birthmarks, spots, and moles are and what they look and feel like.
- Check the growths on your skin for changes in size, shape, color or feel. Your doctor can show you illustrations of what to look for.
- Check for changes - a sore that doesn't heal, a mole that bleeds, or any new growths.

Source: U.S. Department of Health and Human Services

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