

healthy choices



live well. be well.

Skin Cancer

PREVENTION



Most skin cancers are caused by contact with ultraviolet (UV) rays from the sun and other sources of UV radiation, like tanning beds.

Limiting your contact with UV radiation lowers your risk of skin cancer. To protect your skin from damage caused by UV radiation:

- Stay out of the sun as much as possible between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- Cover up with long sleeves, long pants or a long skirt, a hat, and sunglasses.
- Put on broad spectrum sunscreen with SPF 15 or higher.
- Don't use indoor tanning machines.

A change on your skin, like a new growth or mole, a sore that won't heal, or a change in an old mole – is the most common sign of skin cancer. If you notice a change in your skin, talk to your doctor.

ONE OF THE MOST IMPORTANT
STEPS IN SKIN CANCER
PREVENTION IS TO AVOID
GETTING BURNED.

Did you know?

Skin cancer is America's most common cancer.

1 in 5

Americans will be diagnosed with skin cancer in their lifetime.

Why do I need to protect my skin?

Protecting your skin from the sun and other UV radiation today may help prevent skin cancer later in life. Most skin cancer appears later in life, but skin damage from the sun can start during childhood.

Taking steps to protect your skin may also help prevent:

- Wrinkles
- Blotches or spots on your skin
- Other damage to your skin and eyes

ABSOLUTE SOLUTIONS NATIONAL IMAGING NETWORK



UFCW LOCAL 655



Plan pays
100% -No
Copay or
Deductible.

When your doctor advises that you obtain an MRI, CT, OR PET scan, simply call each time when needed at 1-800-321-5040 to talk to an Absolute Solutions Representative and access this convenient cost-savings benefit.



**SAVE
MONEY**

CT scans use a series of x-rays to create cross sections of the body, including bones, blood vessels, and soft tissues.

MRI'S use magnetic fields and radio waves to create detailed images of organs and tissues in the body.

PET scans use radioactive drugs (called tracers) and a scanning machine to show how your tissues and organs are functioning.

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Go to the App Store on your Apple device

In the search bar type: ABSO DX

Select "GET" and approve download if necessary

Select "OPEN" once App has completed it's download



Android Users

Go to the Play Store on your Android device

In the search bar type: ABSO DX

Select "INSTALL" and approve download if necessary

Select "OPEN" once App has completed it's download

Medical Benefits

If you qualify for medical benefits and require diagnostic radiological service you will be able to receive necessary MRI, CT, and PET scans at **NO OUT-OF-POCKET COST** through the Welfare Fund's partnership with Absolute Solutions.

If you have any questions or run into any issues with the ABSO App please contact support at mobile@absolutedx.com.