healthy choices — *live well. be well.*

UFCW Local 655 Welfare Fund

MELANOMA
And Skin Cancer
AWARENESS MONTH



Three (3) Main Types of Skin Cancer

- Squamous Cell Carcinoma (SCC) – SCC is the second most common type of skin cancer, appearing as a red, firm, and often scaly patch of the skin.
- Melanoma – The deadliest type of skin cancer is Melanoma. This type frequently shows up on the skin as a mole or dark spot. It can begin to develop in an already visible mole or dark spot and will worsen over time.
- Basal Cell Carcinoma (BCC) – BCC is the most common type of skin cancer. It looks like a flesh-colored pearl-link bump, often the pinkest patch of the skin.

Examine your skin once a month

Learn about the warning signs of skin cancer and know what to look for during a self-exam. If you spot anything that just doesn't look right, get it checked by your dermatologist as soon as possible.

1 In 5 Americans will develop skin cancer by the age of 70.

Tips to Reduce Skin Cancer Risks

Wear sunscreen to protect yourself from harmful UV rays and remember to reapply sunscreen throughout the day.

Cover up by wearing a broad-brimmed hat, long sleeves, and pants when planning to be in the sun for an extended period of time.

Finding shade under trees, umbrellas, and awnings provides excellent sun protection on warm sunny days.

Protecting your skin against UV rays on cloudy days is important, too. Lack of sun does not mean lack of UV rays.

Avoid tanning beds. UV light in tanning beds puts you at a higher risk for melanoma.

Check your skin regularly for abnormal moles or other skin abnormalities. If you notice changes, see your doctor to have it checked.

Needing a dermatologist? Simply scan the QR code to visit our website and find a doctor near you.

May 2026 Wellness Flyer: https://www.skincancer.org/skin-cancer-information/skin-cancer-facts/ https://ocp-mn.com/about-ocp/blog/journaling-prompts-for-mental-health/



How Does Journaling Help with Mental Health?

Journaling isn't just about writing—it helps your brain process emotions, organize thoughts, and relieve stress. Writing about emotional experiences can improve mental clarity and resilience. Research also shows that journaling can:

Boost mood and reduce stress – Writing helps you process emotions, leading to a more balanced mindset.

How To Get Started with Journaling

If you're new to journaling, keep it simple! Here are some easy tips:

- Start with just 5 minutes a day
- Write freely—don't edit or overthink
- Choose a format that works for you: writing, voice, or video
- Be honest and open—this is just for you
- Forget about grammar or spelling—just let your thoughts flow

Take Care Of Your Mental Health Today-
You're Worth It!

While journaling prompts for mental health are a great alternative therapy, if you're experiencing anxiety or depression that affects your day-to-day life, consider seeking professional support.

Looking for a mental health provider?



Scan QR Code to access your Mental Health Benefits.



National Womens health week is a week dedicated to encouraging women to make their health a priority—physically, mentally, and emotionally. The focus is on prevention, early detection, and building healthy habits that last beyond just one week.

AGE 18-39

- Cervical cancer- Women every 3 years
- Cholesterol-once if normal
- Flu Vaccine - annual
- Wellness visit - annual

AGE 40-65

- Flu vaccine - annual
- Wellness visit - annual
- Cholesterol - every five years
- Blood pressure - every two years
- Mammogram - women start yearly at age 40
- Colon cancer screening - every five years at age 45
- Cervical cancer - women every three years
- Shingles vaccine - start at 50

AGE 65 +

- Flu vaccine - annual
- Wellness visit - annual
- Cholesterol - every five years
- Blood pressure - every two years
- Mammogram - annual
- Colon cancer screening - every five years at age 45
- Pneumonia vaccine - start at 65

Are you looking for a primary care physician? Simply scan the QR code to visit our website and find a doctor near you.

Cancer Navigator

The Cancer Navigator service provides tailored education and guidance to cancer patients as they navigate the many decisions that follow a diagnosis.

To reach one of our Oncology Nurse Navigators today: 314.946.8881

To learn more contact The Health and Welfare Fund 314.835.2700 or 1.866.565.2700