



PREVENTING SKIN CANCER FOR OUTDOOR WORKERS

THE RISK IS REAL

More than two people die every hour from skin cancer in the U.S. Outdoor workers face increased risk due to prolonged sun exposure. Protect yourself by staying informed.

TYPES OF SKIN CANCER

BASAL/SQUAMOUS CELL CARCINOMA

- Most common forms
- Usually curable if detected early
- Found on scalp, face, ears, & neck

MELANOMA

- Less common but more dangerous
- Spreads quickly in the body
- Early detection is critical

YOUR CIS BENEFITS

If you have medical coverage through CIS Benefits, you have access to the following at no additional cost:



FREE SCREENINGS

Kaiser & Regence cover annual skin screenings at no cost



WELLNESS REWARDS

BeyondWell platform offers \$30 reward for preventive exams

FOUR EASY PREVENTION STRATEGIES

1

SEEK SHADE

- Avoid peak sun hours:
10 a.m. - 4 p.m.

3

SUNSCREEN

- SPF 30 or higher
- Apply generously
- Reapply every 2 hours

2

PROTECTIVE CLOTHING

- Long sleeve shirts
- Long pants
- Wide-brimmed hats
- Wrap-around sunglasses

4

ANNUAL SCREENING

- Get checked by a dermatologist yearly

MELANOMA WARNING SIGNS: THE ABCDEs



A – ASYMMETRY

One half doesn't match the other



D – DIAMETER

Larger than a pencil eraser



B – BORDER

Edges are irregular, notched, or blurred



E – EVOLVING

Changes in size, shape, color, or other characteristics



C – COLOR

Multiple colors: brown, white, blue, black, red

CIS is committed to providing resources to help our members stay healthier and safer.