



**WELLNESS
NEWSLETTER**

JULY 2025

WELCOME TO OUR

Monthly Newsletter

**UV Safety & Skin Cancer
Awareness**

Did You Know?

- Too much sun can increase your exposure to Skin Cancer.
- Melanoma of the skin represents 5.1% of all new cancer cases.
- Melanoma is more common in men than in women in the US.
- Skin cancer can decrease productivity in the work place.
- Every year \$100 million is lost in productivity due to absences from work caused by skin cancer.
- Providing sun protection can save money and create a safer work atmosphere for workers.

In This Newsletter

1. Blue Cross Blue Shield Connect Community Articles
2. Monthly Webinars
3. WellOnTarget Resources
4. Other Wellness Related Benefits





Blue Cross Blue Shield Connect Community Articles

[Your Smartphone Can Help Protect Your Skin](#)

[Choose the Right Sunglasses to Protect Your Eyes](#)

[What Is SPF and Which Sunscreen Should I Use?](#)



Wellness Time Reminder

We do have wellness time to use. This is time that you can use every week. The wellness time program states that you may take 30 minutes 3 days a week for yourself and your own wellness. This is a good way to reduce stress and give yourself a break to recharge during the day.

[Wellness Release form](#)



Monthly Webinars

Squirrels and Shiny Objects:
Addressing Problems with Focus and ADHD:

[Thursday July 10th 12-12:30pm CST](#)
Code: BETTERME

Overcoming Obstacles: CBT
Strategies for Minority Mental Health:
[Tuesday July 15th 11-11:30am CST](#)
Code: BETTERME

Everyone is Having Fun in the Sun,
Why Don't I?:
[Friday July 25th 12-12:15pm CST](#)
Code: BETTERME

Resisting the Pressure to be Perfect:
[Tuesday July 29th 10-10:30am CST](#)
Code: BETTERME

[What you need to know about Sun Safety](#)

[Find Skin Cancer: How to perform a skin self-exam](#)

How to Pick Sunglasses

Get Sun Smart



47%

of sunglass wearers do not check UV ratings before making a purchase.



Always buy sunglasses labeled “UV400” or “100% UV protection.”

Source: The Academy's 2014 Harris Poll of 2,027 U.S. adults.
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aao.org/eyesmart

Extra Information:

[Webinars in July](#)

[Preventing Skin Cancer](#)

[What to Wear to Protect Your Skin from the Sun](#)

[Show Your Skin a Little Love](#)

[Muestrele Carino a su piel](#)

HOW TO SPOT SKIN CANCER™

Use this information to check your skin regularly.



1 in 5 Americans will develop skin cancer in their lifetime.



Anyone can get skin cancer, regardless of skin color.



When caught early, skin cancer is highly treatable.

The ABCDEs of Melanoma

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:

A



A stands for **ASYMMETRY**. One half of the spot is unlike the other half.

B



B stands for **BORDER**. The spot has an irregular, scalloped, or poorly defined border.

C



C stands for **COLOR**. The spot has varying colors from one area to the next, such as shades of tan, brown or black, or areas of white, red, or blue.

D



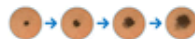
D stands for **DIAMETER**. While melanomas are usually greater than 6 mm, or about the size of a pencil eraser, when diagnosed, they can be smaller.

E



E stands for **EVOLVING**. The spot looks different from the rest or is changing in size, shape, or color.

Example:



Skin Cancer Self-Examination

How to Check Your Spots:

Performing a skin self-exam means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your body. Ask someone for help when checking your skin, especially in hard-to-see places like the scalp and back. Follow these steps:



1 Examine your body front and back in a mirror, then look at the right and left sides with your arms raised.

2 Examine the back of your neck and scalp with a hand mirror. Part your hair for a closer look at your scalp.

3 Bend your elbows and look carefully at your forearms, underarms, and palms.

4 Check your back and buttocks with a hand mirror.

5 Finally, look at the backs of your legs and feet, the spaces between your toes, and the soles of your feet.

If you wear nail polish, remember to check your nails when the polish is removed.

If you notice a new spot or an existing spot that changes, itches, or bleeds, make an appointment to see a board-certified dermatologist.

To learn more about skin cancer detection and prevention, talk to a board-certified dermatologist or visit SpotSkinCancer.org.



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Want to join the wellness listserv?
Email: wellness@etamu.edu

Have questions about benefits?
Email: Benefits@etamu.edu