



SISC

Self-Insured Schools of California
Schools Helping Schools

contigohealth



News and cancer treatment options for SISC members

Volume 1

Issue 3

Skin Cancer

What to know ● Where to turn



Skin cancer is the most common form of cancer throughout the world.

Five million people are treated annually and people over the age of 70 have a 1 in 5 chance of developing skin cancer during their lifetime.¹ There are various types of skin cancer. One of the less common – but most dangerous – is melanoma, which is more likely to spread to other parts of the body if not discovered and treated early. The key to early detection is knowing the signs of possible melanoma:²

- A Asymmetry.** One part of a mole or birthmark does not match the other.
- B Border.** The edges of the mole or birthmark appear irregular, ragged, notched or blurred.
- C Color.** There is inconsistency in the surface color.
- D Diameter.** The spot is wider than a quarter of an inch.
- E Evolving.** You notice the spot has changed size, shape or color.

By following the **A-B-C-D-E** method and performing a self-examination on a monthly basis, you can identify potential skin cancer early and seek diagnosis from a dermatologist.

The journey forward following diagnosis.

Do you or a loved one show signs of skin cancer? We encourage you to be proactive and see your primary care physician or dermatologist.

If diagnosed with skin cancer, you have the benefit of an expert evaluation with National Cancer Institute (NCI)-designated facilities as part of Contigo Health's Oncology Centers of Excellence (COE) program.

//// As a SISC member, you should know about enhanced benefits including the Oncology Center of Excellence (COE) Program, which provides access to the highest level of cancer specialists, at no direct cost to covered members.*

Here for you throughout the process.

We are here to help guide you along the way including enrolling you in the Oncology COE Program, administered by Contigo Health, LLC.

//// Did You Know?

Anyone can develop skin cancer, but there are characteristics that put certain people at greater risk,³ such as:

- Lighter natural skin color
- Propensity to be sun burned, have freckled skin or many moles
- Blue or green eyes
- Blonde or red hair

As with most cancer, family history is also a good indicator of higher risk.



To learn more about resources,
please visit sisc.contigohealth.com or call toll-free (877) 220-3556
(Mon. – Fri., 6 a.m. – 6 p.m. PST) to speak with a Contigo Health navigator.



*The content contained herein is for educational and informational purposes only and shall not be construed as tax or medical advice. Nothing contained herein shall be construed as a guarantee of benefits. You must maintain eligibility to have access to the program. Limited conditions may be excluded from the program. Terms and conditions apply. Per IRS guidelines, this benefit is subject to deductible for HSA members.

¹Skin Cancer Foundation. ²American Cancer Society. ³Centers for Disease Control and Prevention.

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