

MOLE ON A MISSION?

HERE'S WHAT TO LOOK OUT FOR

Sometimes the smallest spots cause the biggest worries. But early detection means easier treatment, and we're here to help you stay ahead. When it comes to your skin, things can get tricky – is that a mark, a mole or (shock and horror) a wart? Jokes aside, it's all just part of your natural beauty, so long as it's not dangerous to your health.

READY TO GO ON MOLE PATROL?

Use the ABCDEs to identify potential problems:



- A Asymmetry:** a mole with an irregular shape
- B Border irregularity:** Blurry or irregular edges
- C Colour variation:** A mole with more than one colour
- D Diameter:** A mole with a diameter of more than 6mm, the diameter of a pencil eraser
- E Evolution:** Getting bigger, changing in shape, colour or size

In addition to the ABCDEs, there are some specific skin cancer warning signs that you should be on the lookout for, according to the Cleveland Clinic:

- ☒ A pearly or waxy bump on your face, ears or neck
- ☒ A flat, pink/red- or brown-coloured patch or bump
- ☒ Areas on your skin that look like scars
- ☒ Sores that look crusty, have a depression in the middle or bleed often
- ☒ A wound or sore that won't heal, or that heals but comes back again
- ☒ A rough, scaly lesion that might itch, bleed and become crusty

OMSMAF IS WITH YOU ALL THE WAY

If anything looks odd or changes - don't guess, get it checked. Here's what to do, step by step.



- Make an appointment with your Dermatologist for as soon as possible.
- Discuss your concerns with your Dermatologist and have everything checked over and ensure that the correct Z00.0 ICD code is used on your claim so that your claim is paid from your wellness benefits.
- If your doctor picks up possible signs of skin cancer, they will advise you of the most appropriate way forward. Please alert OMSMAF right away so that we can support you in the best way possible.

Screen it, save it

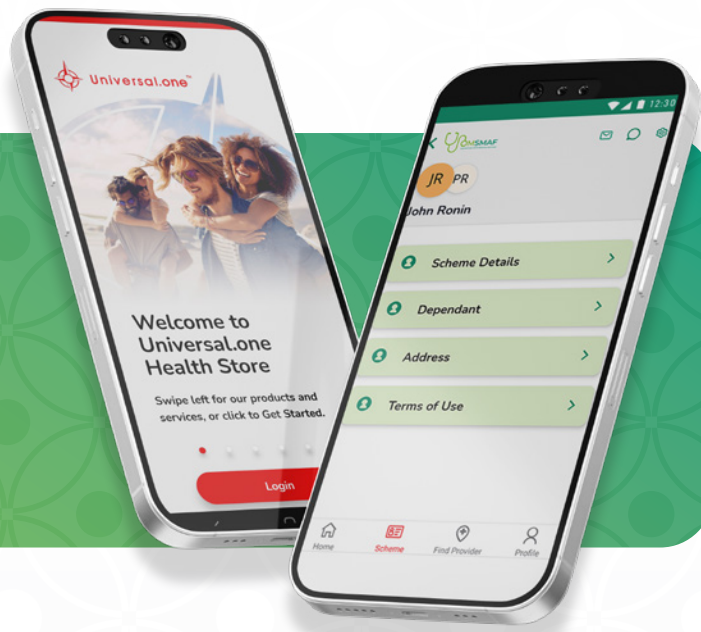
Remember that Members and Beneficiaries over 35 years old have cover for one Dermatologist cancer screening every two years on all plans. This is a vital opportunity to stay on top of your skin health and find out about any potential issues early on. The sooner you get proactive, the more likely it is that a simple solution can be found.



NEED HELP NAVIGATING THE JOURNEY?

Please don't hesitate to contact our helpful support team on **0800 100 076**.

Download the Universal.one App for instant access to your member info and benefits.



Want to join the OMSMAF WhatsApp broadcast group?

Scan the QR code, and let's take you there.

Until next time, take care and please keep loving the skin you're in!

The OMSMAF Team

OMSMAF - Healthcare with heart.



VISION

To be the medical scheme of choice for the Old Mutual Group.

MISSION

To be an affordable medical scheme that guarantees best-of-class member experience, value and quality.



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