



**It's time  
for your  
spot check.**

**Prevent skin cancer by giving yourself  
monthly skin exams. Look for any new  
growth or changes in your skin.**

**Examine head and face, use blow dryer to examine scalp**  
**Check hands, including nails**

**In full-length mirror, examine elbows, arms, underarms**  
**Focus on neck, chest, torso**

**Women - check under breast**

**Inspect back of neck, shoulder, upper arms, back,  
buttocks, and legs**

**Check feet including soles, heels and nails**

**America's TPA®**  
■ Simplicity ■ Flexibility ■ Affordability ■ Service



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