

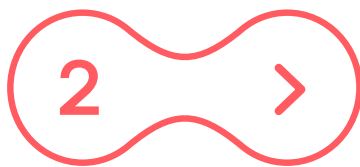
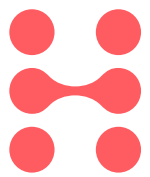


1



Your skin can tell you a lot. Are you listening?

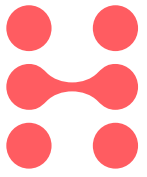
Simple checks you can do at home, and when to take them further.



Most skin changes are harmless.

But catching something early, when it's easier to treat, starts with knowing what to look for.

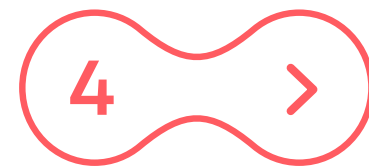
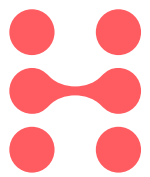




A simple head-to-toe check once a month is all it takes.

Look for anything new on your skin, like a mole or mark, or anything that's changing in size, shape, or colour. Also keep an eye out for patches or spots that don't heal.

You know your body better than anyone.



Something small, noticed early, can make a big difference.

Acting on a change, however minor,
is one of the most powerful things
you can do for your health.





Your health is worth a closer look.

Contact **HealthHero** today for more support and advice.

We're with you every step of the way.