

Cancer Screenings

Preventive Care For Peace Of Mind



Why wait until a health issue develops?

Be proactive about your health and stay up to date with your routine cancer screenings.

Colon Cancer Screenings can help with early detection and allow for treatment when it's most effective. Routine screenings are recommended starting at age 45. Talk to your doctor about getting screened for colon cancer and which test is right for you.

Cervical Cancer occurs most often in women over age 30, but all women are at risk. Getting the HPV vaccine is a great first step toward prevention. Regular screening will not prevent cervical cancer, but it will identify it early. When found early, this cancer is highly treatable.

Breast Cancer Screenings are essential for all women. The goal of screening for breast cancer is to find it before it causes symptoms, like a lump that can be felt. Getting regular screenings is the most reliable way to find breast cancer early.

Take Care of Your Future Self, Today

- Talk to your doctor about cancer screenings and when you should get started. They are completely routine and a proven way of catching cancer early – when it's most treatable.
- Complete a Blue Health Assessment. Basic and Standard Option members can **earn up to \$50** the first time you complete it within each calendar year.
- Visit or download the MyBlue® app to access smart, simple tools and resources that can help you find the right providers, manage claims and costs, earn and track your incentives, and much more. Get all the details at fepblue.org/MyBlue.
- Visit fepblue.org/preventativecare for more information and resources.