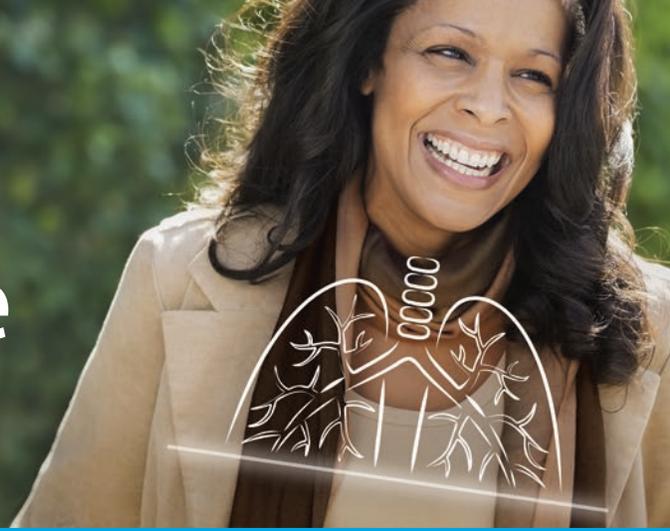


Cancer screenings could **save your life**



When cancer is diagnosed early, it can boost survival rates up to 90 percent. Get that screening now so you can relax and enjoy the rest of your life.

Most preventive screenings are covered at 100 percent in-network by your BCBS plan. Follow these guidelines for preventive screenings.

Talk to your doctor about the screenings you need. He or she will give you a medical order (if applicable) to get screened at an in-network lab or radiology center.

Don't wait to find out.



1 in 4 women

report not being up to date with breast cancer screening.



2 in 5 adults

(40%) report not being up to date with colorectal cancer screening.



Up to 40% of women

report not being screened for cervical cancer.

Cancer screenings can help prevent illness and detect diseases early, before they become serious.

Highmark offers full support to help you get the preventive care best for you.

- Call 1-888-BLUE-428 for help in finding doctors and scheduling appointments.

Appointment

Date: _____

Time: _____

Getting screened is as easy as 1-2-3

1. Contact your doctor
2. Get a medical order or prescription (if applicable)
3. Get screened

See reverse for cancer screening frequency information

Early detection starts **with screening**

Test	Frequency	Notes
Lung Cancer	Recommended each year for adults age 55 to 80, who have a 30-pack-a-year history of smoking, or currently smoke, or have quit within the past 15 years.	
Breast Cancer	Each year for women starting at age 40.	Earlier or more often if recommended by your doctor.
Colorectal Cancer	Each year for adults starting at age 50 with fecal occult blood test, or a flexible sigmoidoscopy every five years.	Earlier or more often if recommended by your doctor.
Cervical Cancer	Pap tests every three years for women age 21 to 65. Over 65, as recommended by your doctor. Human Papillomavirus (HPV) test every three years starting at age 30.	Women from age 30 to 65 can have a Pap test every five years if combined Pap and HPV are negative. Earlier or more often if recommended by your doctor.
Skin Cancer	Ages 20 to 40 every 3 years. Over 40 every year.	There are many types of skin cancer, each of which can look different on the skin.

Highmark Blue Cross Blue Shield Delaware is an independent licensee of the Blue Cross and Blue Shield Association.

The Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。



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