

# HELLO, EARLY DETECTION. GOODBYE, CANCER.



## GETTING SCREENED IS AS EASY AS 1-2-3

1

Contact  
your doctor

2

Get a medical order  
or prescription

3

Get  
screened

When you catch cancer early, you can boost your survival rate up to 90%. Get that screening now so you can relax and enjoy the rest of your life.

Great click! You've taken the first step toward getting your cancer screening.



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AllforHealth.com



**40%**  
AFFECTED

Up to 40 percent of men and women will be affected by cancer.



**90%**  
SURVIVAL RATE

When caught early, many cancers have a survival rate of 90 percent.



**1 IN 3**

1 in 3 people are late in getting screened for cancer.

## FOLLOW THESE GUIDELINES FOR PREVENTIVE SCREENINGS

**Most preventive screenings are covered at 100% by your Highmark plan.**

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

TEST	FREQUENCY	NOTES
<b>Lung Cancer Screening</b>	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	Requires use of authorized facility.
<b>Breast Cancer</b>	Each year for women starting at age 40	Earlier or more often if recommended by your doctor.
<b>Colorectal Cancer</b>	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.
<b>Cervical Cancer</b>	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 and Prostate Cancer Screenings

Screenings for skin cancer and prostate cancer have not been shown to reduce deaths from those cancers, according to the Centers for Disease Control. They are not considered a preventive exam, so you will share in the costs for a lab test or office visit (according to your health plan) if your doctor prescribes these screenings.

TEST	AGE AND FREQUENCY	NOTES
<b>Prostate Cancer</b>	Men age 50 or over should talk to their doctor about the pros and cons of testing for prostate cancer with a PSA blood test.	Have this talk at age 45 if you are African American or have a family history of prostate cancer.
<b>Skin Cancer</b>	See a dermatologist if you have any lumps, bumps, spots, sores or other marks on your skin that are new or that change size, shape or color.	There are many types of skin cancer, each of which can look different on the skin.



## SCREENINGS HELP YOU FIND CANCERS EARLY SO YOU CAN STAY LATE

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

- Don't have a doctor? [Find a Doctor](#)
- Highmark member? Go to [myCare Navigator](#) or call 1-888-BLUE-428 for help in finding doctors and scheduling appointments.

**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 people report not being screened for cervical cancer.