**HAVE YOU HAD YOUR (AGE APPROPRIATE) CANCER SCREENING?**

According to the Centers for Disease Control (CDC), Cancer will soon be the number 1 cause of death in the United States, and by 2020 there will be more than 2 million new cases of Cancer reported each year.

Getting recommended screening tests can help prevent colon and cervical cancers. Screening can also find colon, cervical, and breast cancers early, when treatment works best. However, screening rates for these cancers remain below national targets set by Healthy People 2020, the nation’s agenda for improving the health of all Americans.

Is a screening test recommended for you?

Click Here to Find Out

**HAVE YOU HAD YOUR (AGE APPROPRIATE) CANCER SCREENING?**

Your best defense against Cancer is a good offense. If you smoke, quit. If you are at high risk due to age, genetic disposition, family history or lifestyle choices – get screened!

Many cancer screening tests are in use. Getting recommended screening tests can help prevent colon and cervical cancers. Screening can also find colon, cervical, and breast cancers early, when treatment works best. However, screening rates for these cancers remain below national targets set by Healthy People 2020, the nation’s agenda for improving the health of all Americans.

If you are covered by HBC’s Medical Plans, charges made for Preventive Care Screenings rated “A” or “B” by the U.S. Preventive Services Task Force are covered with NO DEDUCTIBLE and NO COINSURANCE if performed IN-NETWORK. We want you to get these appropriate screenings, including:

* BRCA risk assessment and genetic counseling/testing – for women who have family members with breast, ovarian, tubal, or peritoneal cancer.
* Screening mammography for women, with or without clinical breast examination, every 1 to 2 years for women age 40 years and older.
* Screening for cervical cancer in women ages 21 to 65 years with Pap smear every 3 years or, for women ages 30 to 65 years, screening with a combination of Pap smear and human papillomavirus (HPV) testing every 5 years.
* Screening for colorectal cancer starting at age 50 years and continuing until age 75 years.
* Annual screening for lung cancer with low-dose computed tomography in adults ages 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years.

The National Cancer Institute says the following screening test have been shown to reduce Cancer deaths:

**Colonoscopy, sigmoidoscopy, and high-sensitivity fecal occult blood tests (FOBTs)**

These tests have all been shown to reduce deaths from colorectal cancer. Colonoscopy and sigmoidoscopy also help prevent colorectal cancer because they can detect abnormal colon growths (polyps) that can be removed before they develop into cancer.

**Low-dose helical computed tomography**

This test to screen for lung cancer has been shown to reduce lung cancer deaths among heavy smokers ages 55 to 74.

**Mammography**

This method to screen for breast cancer has been shown to reduce mortality from the disease among women ages 40 to 74, especially those age 50 or older.

**Pap test and human papillomavirus (HPV) testing**

These tests reduce the incidence of cervical cancer because they allow abnormal cells to be identified and treated before they become cancer. They also reduce deaths from cervical cancer.

**WHAT SHOULD YOU DO?**

First, get your Annual Physical Exam and speak with your personal physician. [Note: HBC incents Medical Plan participants to get your annual exam and complete a Health Risk Assessment.] If you are covered by HBC’s medical plans, your in-network Annual Physical is available at NO COST to you.

Next, follow through with your appropriate screening tests. Your physician will know what you need.

Cigna One Guide service can help you make smarter, informed choices and get the most from your plan. It’s our highest level of support that combines the ease of a powerful app with the personal touch of live service. One Guide personal support, tools and reminders can help you stay healthy and save money. Dial **800-Cigna24** or use the number on the back of your Cigna ID card.

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To learn more about the Hospital Indemnity program cash Wellness Benefit, call Aflac toll-free at  
1-800-433-3036 or download a claim form at [www.aflacgroupinsurance.com](http://www.aflacgroupinsurance.com).