

Cancer screenings save women's lives.



During the pandemic, many people postponed regular health care. Have you been putting off visits to the doctor? Now's the time to call your primary care provider to ask if you're due for one of these important screenings:

- Cervical cancer is the fourth most common cancer in women. Women ages 21-29 should be screened every three years. For women ages 30-65, screening is recommended every three to five years.
- Breast cancer is easiest to treat when caught early. Women ages 50-74 should get a mammogram every other year. Women ages 40-49 should talk to their doctor about what's appropriate for them.
- Colorectal cancer is one of the most preventable cancers when detected and treated early. If you're over 45 years old or have a family history of colon cancer, talk to your doctor about the screening method that's appropriate for you.

Need a PCP? Use Find a Doctor at hmsa.com/eutf. Or call us at (808) 948-6499 or 1 (800) 776-4672.

Don't wait until it's too late.

Learn more about **preventive care services**.

