

# Protect your health: Get your cancer screenings



Your health and well-being are worth prioritizing. Call your primary care provider to ask if you're due for a screening for one of these types of cancer.

- 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: One in eight women will be diagnosed with breast cancer in their lifetime. 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 the second leading cause of cancer deaths in the U.S. If you're 45 years or older, 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](https://hmsa.com/eutf). Or call us at (808) 948-6499 or 1 (800) 776-4672.

Protect your health. Get screened today.

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