



Stay healthy and strong.  
Get your cancer screenings.

**You may be overdue for your colorectal cancer screening.  
Early detection can save your life.**

Colorectal cancer is one of the most preventable cancers when found early. Screening can detect cancer before symptoms appear, when treatment is most effective.

Even if you do not have a family history, screening is still important. Many people diagnosed with colorectal cancer have no known risk factors.

**✓ Screening is easier than ever.**

There are several screening options available. Talk with your primary care provider about which option is right for you.

**✓ Skin cancer detection and prevention**

Protecting your skin is just as important. Our new skin cancer screening benefit includes preventive skin exams to help identify concerns early. Regular screenings can help catch skin cancer before it becomes more serious.

Take charge of your health.

**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.



Scan this QR code to learn more about preventive care services.



An Independent Licensee of the Blue Cross and Blue Shield Association