



Regular cancer screenings  
boost your chances of  
successful treatment.  
Schedule yours today.

Your health comes first. Talk to your primary care provider (PCP) to see if you're due for any of these important screenings.

- ✓ **Cervical cancer:** 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:** If you're 45 years or older or have a family history of colon cancer, talk to your doctor about screening options.
- ✓ **Skin cancer detection and prevention:** Skin cancer is one of the most common cancers in the U.S. 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.

*New Benefit*

#### 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.



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