

Preventive cancer screenings for adults

Discuss screenings with your health care provider



Preventive screenings help find diseases early, when treatment can be most effective. They can also play a role in stopping diseases before they start.






The preventive cancer screening guidelines listed are for adults with average risk. Talk to your health care provider to see which preventive services are appropriate for you based on your age, gender, family history, and health.

If you need to find an in-network doctor, specialist, or radiology site, log in at ibx.com to start a search.



Need support?

Call a Registered Nurse Health Coach at **1-800-ASK-BLUE (1-800-275-2583)** (TTY: 711) to discuss preventive screenings, your cancer risk, or any other health concerns.

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Discuss your screening options, frequency, family history, and risk factors with your health care provider.	
 Breast cancer screening	Starting at age 40, most women should have an annual mammogram.
 Cervical cancer screening	Starting at age 21, women should be screened for cervical cancer (Pap test).
 Colorectal cancer screening	Starting at age 45, adults should be screened for colorectal cancer. If you are African-American, have a family history of colorectal cancer or polyps, or have a history of inflammatory bowel disease, talk to your health care provider sooner about screening.
 Lung cancer screening	Starting at age 50, adults with a 20 pack/year smoking history who either currently smoke or have quit within the past 15 years should be screened for lung cancer. Screening should be discontinued for anyone who has not smoked for 15 years or has a health condition that limits life expectancy or the ability to undergo lung surgery.
 Prostate cancer screening	Starting at age 50, or earlier if you are AA or have a relative with prostate cancer, men should discuss prostate cancer screening with their doctor.

80% of the 6 million diagnosed with cancer* from 1975 – 2020 survived as a result of screening and early detection.

*Patients with breast, lung, colorectal, cervical, and prostate cancer
Note: Due to your personal and family health risk, your doctor may recommend that you have screenings and tests earlier or more frequently than listed in the guidelines. Please discuss your individual needs with your health care provider.

Under your health plan, you may be eligible to receive preventive care with little or no cost-sharing when using an in-network provider. Some services may require preapproval. If a service is not considered preventive (e.g., diagnostic procedures or ongoing treatment for an existing condition) or you don't fall within the coverage guidelines, cost-sharing may apply.
To understand the criteria for preventive care services, review Medical Policy #00.06.02: Preventive Care Services. You can find it at medpolicy.ibx.com by searching "preventive care" in the search field.
Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.