

Screenings for men and women

Discuss these screenings with your health care provider



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

Need a doctor?

Log on to ibx.com/findadoctor to find a physician, specialist, or radiology site.



Have concerns?

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

Women	Men
Cervical (Pap test) Starting at age 21, women should be screened for cervical cancer. Discuss screening options and frequency with your health care provider.	Colorectal Start screening at age 50, or in some cases, age 45. Discuss screening options and frequency with your health care provider. If you are African-American, have a family history of colorectal cancer or polyps, or have a history of inflammatory bowel disease, you may need to begin a conversation with your health care provider sooner.*
Breast (mammogram) Starting at age 40, most women should have an annual mammogram. Discuss screening options with your health care provider.	Prostate Start screening at age 50, or in some cases, age 40. Discuss screening options and frequency with your health care provider.*
Colorectal Start screening at age 50, or in some cases, age 45. Discuss screening options and frequency with your health care provider. If you are African-American, have a family history of colorectal cancer or polyps, or have a history of inflammatory bowel disease, you may need to begin a conversation with your health care provider sooner.*	

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Note: If you are at high risk or have certain risk factors, your health care provider may suggest tests or screenings other than those listed on this flyer. Please discuss your individual needs with your health care provider. All screening recommendations are taken from the Independence Blue Cross *Wellness Guidelines for All Ages*. Log on to ibx.com for the full guidelines.

* Due to your personal and family health risk, your doctor may recommend that you have screenings and tests earlier or more frequently than advised. Please contact Customer Service at the phone number on the back of your Member ID card to find out your cost share responsibility.