

Important cancer screenings for women and men



Discuss these screenings with your health care provider

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

Women

Breast (mammogram)	Ages 40 to 49: Every two years based on individual decision about risks and benefits. Ages 50 to 74: Every two years
Cervical (Pap test)	Ages 21 to 65: Every three years Ages 30 to 65: Every five years, with a combination of Pap test and human papillomavirus (HPV) testing, for those who want to lengthen the time between screenings. Women who have had a hysterectomy should discuss cervical cancer screenings with their health care provider.
Colorectal	Adults starting at age 50 and continuing until age 75. Talk to your doctor about continuing screenings after the age of 75. Discuss screening before age 50 with your health care provider if you are African-American, have a history of colorectal cancer or polyps, or a history of inflammatory bowel disease.*

Men

Colorectal	Adults starting at age 50 and continuing until age 75. Talk to your doctor about continuing screenings after the age of 75. Discuss screening before age 50 with your health care provider if you are African-American, have a history of colorectal cancer or polyps, or a history of inflammatory bowel disease.*
Prostate	Starting at age 50, discuss potential benefits and limitations of screening with your health care provider. Discuss starting at age 40 if you have a family history of prostate cancer.*

* Due to your personal and family health risk, your doctor may recommend that you have screenings and tests earlier or more frequently than advised.

Note: If you are at high risk for a particular disease or have certain risk factors, your health care provider may suggest different tests or screenings 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 in at ibxpress.com for the full guidelines.

Please contact Customer Service at the phone number on the back of your member ID card to find out your cost-share responsibility for certain screenings.

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. Visit ibx.com/findadoctor to find a physician, specialist, or radiology site. Log in at ibxpress.com to find more information about different types of cancer and recommended screenings.

