

When should you get screened?



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There's a lot of information out there about breast, skin, cervical and colon cancer.

It's easy to think you're invincible. There's no way cancer can happen to you, right? Unfortunately, it can.

Some Common Myths About Cancer Are:

- You won't get cancer if it doesn't run in your family.**
A family history of any type of cancer is an important thing to share with your provider, but many women who have cancer have no family history.
- It's always a lump you can feel.**
Cancer doesn't always present as a lump, especially if it's early stage.
- You don't need to worry about cancer if you maintain a healthy lifestyle.**
While maintaining a healthy weight, eating well, exercising, and limiting tobacco and alcohol use can lower your risk, there's no guarantee you won't develop cancer.
- You only need to be screened for cancer if you have symptoms.**
Often, early-stage cancer is diagnosed when you're feeling fine. Since it's common to not have any symptoms, it's important to keep up with your recommended screenings, even if you feel great.
- If you got the HPV vaccine, you don't need to be regularly screened for cervical cancer.**
Even if you received an HPV vaccine, you're not fully protected or immune. You should be screened for cervical cancer yearly at your well-woman exam.

Don't Wait to Get Screened



Many kinds of cancer can be treated successfully if caught early. Don't delay your annual wellness and well-woman exams because **"it's probably nothing," "I don't have time"** or **"going to the doctor is too expensive."**

Your TRS-ActiveCare plan covers 100% of your preventive care, which includes:

- annual wellness exams with a Pap test for women 18 and older by your OBGYN or Primary Care Provider
- routine mammograms for women 35 and over
- colonoscopies beginning at age 45

Don't have a PCP? Use [Provider Finder](#)® to find one. If you need help finding a provider or scheduling an appointment, talk to a Personal Health Guide. Chat in the BCBSTX App or call **1-866-355-5999**, 24/7.



Not sure how to get your recommended cancer screenings?

These short [how-to videos](#) can help guide you step-by-step on how to get a colonoscopy or mammogram.



Pop Quiz

Do you know how to self-screen for cancer?

[Learn How](#)

[Schedule an Exam](#)

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