Five things to know about cancer screenings

FROM PREMERA BLUE CROSS BLUE SHIELD OF ALASKA



Access to affordable care is the cornerstone for a healthy community and getting your preventive screenings is a critical component of staying healthy. Here are five things you need to know about preventive cancer screenings. They'll help you understand what screenings are, why they're important, and how to get them.

1. **Preventive cancer screenings can save lives.** Much like preventive maintenance for your car, the purpose of preventive care for your body is similar—to detect an issue before it becomes more serious. Just like checking the wear on your tires before they cause you to have an accident, regular cancer screenings are critical to helping you live a long, healthier life.

2. **Screenings for common cancers are key.** Breast, colorectal, and cervical cancer are some of the most common cancers and screening for them is often covered as preventive care. This means there is no extra cost to you when you see an in-network provider.* These screenings should be part of your regular screening appointments because early detection can stop cancer from spreading or becoming more serious. In addition, screening for skin cancers, especially if you live in an area with a lot of sunshine, is important.

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3 **Know your family health history.** Knowing your family history is the best way to know how often and at what age you should get certain screenings. Not sure when you should start certain screenings? The U.S. Preventive Services Task Force updates their screening recommendations as new guidance becomes available. Visit the Premera Preventive Benefits list at **premera.com/prevbenefitsak** to learn more about preventive care guidelines. And talk to your provider at your next annual checkup about your family history and when you should start getting screened for the most common types of cancer.

4 **Premera is removing barriers to getting screened.** Not knowing where to go for care, fear of the unknown, and the discomfort of some screenings can lead many of us to put off these critical tests, but the benefit is often worth it, even for peace of mind alone. Cost can also be a factor, but the cost of preventive care services, like breast, cervical, and colon screenings, are covered for most people through their health plan.*

5 **Where and how to get care.** Cervical, skin, and prostate cancer screenings can usually be done in the office by your primary care provider. Your provider can recommend where to go for breast cancer and colorectal cancer screening. Find out what providers are in your health plan network by signing in to your secure account on **premera.com** and select Find Care. Preventive cancer screenings are covered at 100% when you see an in-network provider.*

Want to know more about the types of screenings and when to get checked?
Use our 5 Things Guides on **breast**, **cervical**, and **colorectal** cancer screenings.

If you have a cancer diagnosis, talk with your provider about what to do next. Treatment plans are different depending on the type of cancer you have.

If you have questions about your health plan benefits, call customer service at the number on the back of your Premera member ID card.

Your Employee Assistance Program (EAP) may have options for help and support. Contact your human resources representative for assistance.

*During your visit, your provider may order tests and lab work that are not covered by your preventive benefits. Discuss all tests with your doctor as you may be required to pay a share of these costs.

Notice of availability and nondiscrimination **800-508-4722 | TTY: 711**

Call for free language assistance services and appropriate auxiliary aids and services.
Tumawag para sa mga libreng serbisyo ng tulong sa wika at angkop na mga karagdagang tulong at serbisyo.
Llame para obtener servicios gratuitos de asistencia lingüística, y ayudas y servicios auxiliares apropiados.
무료 언어 지원 서비스와 적절한 보조 도구 및 서비스를 신청하십시오.
Hu thov kev pab txhais lus pub dawb thiab lwm yam khoom pab dawb thiab kev pab cuam ua tsim nyog.
Звоните для получения бесплатных услуг по переводу и других вспомогательных средств и услуг.
呼吁提供免费的语言援助服务和适当的辅助设备及服务。
呼籲提供免費的語言援助服務和適當的輔助設備及服務。
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Fordern Sie kostenlose Sprachunterstützungsdienste und geeignete Hilfsmittel und Dienstleistungen an.
Zadzwoń, aby uzyskać bezpłatną pomoc językową oraz odpowiednie wsparcie i usługi pomocnicze.
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Appelez pour obtenir des services gratuits d’assistance linguistique et des aides et services auxiliaires appropriés.
Ligue para serviços gratuitos de assistência linguística e auxiliares e serviços auxiliares adequados.
Chiama per i servizi di assistenza linguistica gratuiti e per gli ausili e i servizi ausiliari appropriati.
اتصل للحصول على خدمات المساعدة اللغوية المجانية والمساعدات والخدمات المناسبة.
برای خدمات کمک زبانی رایگان و کمک‌ها و خدمات امدادی مقتضی، تماس بگیرید.

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