



Wellness Can't Wait

- Check Email
- Plan a Vacation
- Get a Cancer Screening**

Some things should be checked first.

Even as we focus on fighting COVID-19, colonoscopies, mammograms, cervical cancer and other screenings are still critical to help detect cancer early, when it's easier to treat. **Your Wellness Can't Wait.** Now is the time to make your health your priority.

Cancer hasn't quit - get caught up on screenings today. For more information, visit <https://connect.bcbsnm.com/wellness-cant-wait>

CANCER-SPECIFIC SCREENINGS

Colon Cancer Screening	<p>Adults age 45-75 for colorectal cancer using:</p> <ul style="list-style-type: none"> • Guaiac Fecal Occult Blood Test (gFOBT) annually or; • Fecal Immunochemical Testing (FIT) annually or; • Fecal Immunochemical Testing (FIT)-DNA every 1-3 years or; • Flexible Sigmoidoscopy every 5 years or; • Flexible Sigmoidoscopy every 10 years with FIT annually or; • Colonoscopy every 10 years or; • CT Colonography every 5 years. <p>Age 45-49 should discuss the risks and benefits of screening with your health care provider.*</p>
-------------------------------	---

Women's Recommendations

Cervical Cancer Screening	<p>Women ages 21-65: Pap test every 3 years Another option for ages 30-65: Pap test with HPV test every 5 years Women who have had a hysterectomy or are over age 65 may not need a Pap test.*</p>
Mammogram	<p>At least every 2 years for women ages 50 to 74. Ages 40 to 49 should discuss the risks and benefits of screening with their provider.</p>

Men's Recommendations

Prostate Cancer Screening	<p>Discuss the benefits and risks of screening with your health care provider.*</p>
----------------------------------	---

ADDITIONAL HEALTH SCREENINGS

Weight	<p>Every visit or at least annually</p>
Body Mass Index (BMI)	<p>Every visit or at least annually</p>
Blood Pressure (BP)	<p>Every visit or at least annually</p>
Diabetes Screening	<p>Those with high blood pressure should be screened. Those who are overweight or have cardiovascular risk factors should be screened. All others should be screened starting at age 45.*</p>
Hepatitis C (HCV) Screening	<p>Once for adults born between 1945 and 1965 and persons at high risk for infection.</p>
HIV Screening	<p>Adults ages 18-65, older adults at increased risk and all pregnant women should be screened.</p>
Low-dose Aspirin Use	<p>Ages 50-59 talk with your health care provider about low-dose aspirin use for the prevention of cardiovascular disease and colorectal cancer.</p>

Women's Recommendations

Cholesterol	<p>Women aged 45 and older. Women age 20-45 should be screened if they are at increased risk for coronary heart disease. Talk with your health care provider about the starting and frequency of screening that is best for you.</p>
Osteoporosis Screening	<p>Beginning at age 65, or at age 60 if risk factors are present or postmenopausal women younger than 65 years who are at increased risk of osteoporosis*</p>

Men's Recommendations

Cholesterol	<p>Men age 35 and older should be screened. Men age 20-35 should be screened if they are at an increased risk for coronary heart disease. Talk with your health care provider about the starting and frequency of screening that is best for you.</p>
Abdominal Aortic Aneurysm	<p>Have an ultrasound once between ages 65 to 75 if you have ever smoked.</p>

*Recommendations may vary. Discuss screening options with your doctor, especially if you are at increased risk.

The recommendations provided in the table are based on information from organizations such as the Advisory Committee on Immunization Practices, the American Academy of Family Physicians, the American Cancer Society and the United States Preventive Services Task Force. The recommendations are not intended as medical advice nor meant to be a substitute for the individual medical judgment of a doctor or other health care professional. Please check with your doctor for individualized advice on the recommendations provided.

Coverage for preventive services may vary depending on your specific benefit plan and use of network providers. For questions, call the Customer Service number on the back of your ID card.

Talk to your doctor about other risk factors and to decide which tests are right for you.