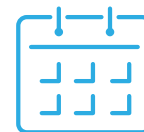


Regular cancer screenings boost your chances of successful treatment.

Schedule yours today.



Your health comes first. Take time to see your primary care provider (PCP) to check if you're due for these important screenings.



- ☑ **Cervical cancer** is the fourth most common cancer in women. Women ages 21-29 should be screened every three years. For women ages 30-65, screening is recommended every three to five years.
- ☑ **Breast cancer:** One in eight women will be diagnosed with breast cancer in their lifetime. Women ages 50-74 should get a mammogram every other year. Women ages 40-49 should talk to their doctor about what's appropriate for them.
- ☑ **Colorectal cancer** is the second leading cause of cancer deaths in the U.S. If you're 45 years or older, or have a family history of colon cancer, talk to your doctor about the screening method that's appropriate for you.

**Need a PCP?** Use Find a Doctor at [hmsa.com/eutf](https://hmsa.com/eutf). Or call us at (808) 948-6499 or 1 (800) 776-4672.

Don't wait. Schedule your screening today.  
Learn more about [preventive care services](#).



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