

# Share Cancer Screenings.

## REMEMBER TO GET ANNUAL PREVENTIVE CARE AND SCREENINGS

Preventive care and screenings are key to maintaining and improving your health. Work with your doctor to determine what's best for you. Share Cancer Screenings follow gender and age-based national guidelines.

<b>WOMEN AGES 40 - 74:</b>	One mammogram every <b>TWO</b> years.
<b>WOMEN AGES 21 - 29:</b>	One Pap test every <b>THREE</b> years.
<b>WOMEN AGES 30 - 65:</b>	One cervical Pap smear every <b>THREE</b> years, or an HPV test every <b>FIVE</b> years.
<b>MEN AND WOMEN AGES 45 - 75:</b>	One colonoscopy every <b>TEN</b> years or other colorectal cancer screening every <b>ONE</b> to <b>FIVE</b> years.

If you've already had a screening and it's not showing as a completed card on your Tasks page, please contact Member Services at **800-538-5038**.

Note that your doctor may recommend earlier, more frequent, or less frequent screenings based on your history and health.

