

Remember to Put Cancer Detection on Your Calendar

At HealthPlus, we believe prevention is one of the keys to good health. Providing comprehensive preventive health benefits allows you to receive the quality of care you need to keep healthy. If you can't prevent cancer, the next best thing you can do to protect your health is to detect it early.

Please review the chart below to learn about important cancer screenings that HealthPlus recommends, then schedule an appointment with your primary care physician to review these guidelines and plan your preventive health services together.

Type of Cancer	Who Needs Regular Screenings?	HealthPlus Guidelines
Breast	All women ages 18 and older	<ul style="list-style-type: none"> • A physician breast exam every year for women 18 and older • Initial mammogram at age 40, then every one to two years until age 50; then annually beginning at age 50
Cervical	All women ages 18-65 and as recommended by their PCP for older or younger women	<ul style="list-style-type: none"> • Pap smears recommended every one to three years
Colorectal	All adults ages 50 and over	<ul style="list-style-type: none"> • Digital rectal exam recommended annually beginning at age 50 OR • Fecal occult blood test recommended annually beginning at age 50 OR • Sigmoidoscopy and/or double contrast barium enema every five years beginning at age 50 – OR – colonoscopy every 10 years
Prostate	All men ages 50 and older	<ul style="list-style-type: none"> • Prostate exam recommended annually • Prostate specific antigen (PSA) test recommended annually beginning at age 45
Testicular	All men ages 14 and older	<ul style="list-style-type: none"> • Self testicular exam recommended monthly beginning at age 14 • Clinical testicular exam recommended annually beginning at age 15
Skin	All adults ages 20 and older	<ul style="list-style-type: none"> • Skin evaluation recommended every three years beginning at age 20 and annually beginning with age 40