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**Health and Wellness or  
Prevention Information**

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# You Know You're Worth It

Take the time to take  
care of yourself.





# Three Simple Screenings May Save Your Life

**Mammograms, colonoscopies and Pap tests screen for three of the most common cancers for women. Make these important preventive tests a priority. Regular screenings increase the chance of finding cancer early when it is easiest to treat.\***

## **Breast Cancer Screenings**

All women age 50 and older should be getting screened for breast cancer once every two years.

Facilities may offer evening or weekend hours and some don't even require an appointment. Call your provider to see if this is an option for you.

## **Colorectal Cancer Screenings**

Colonoscopies are the preferred screening and need to be done once every 10 years (based on your results). Other screening options are available. How often you need to repeat the screening depends on which screening you and your doctor decide is right for you. Your doctor will let you know how to prepare for the screening.

## **Cervical Cancer Screenings**

Cervical cancer screenings are recommended for women ages 21 to 65. Starting at age 30, you should get screened every five years if your doctor screens for human papillomavirus (HPV) at the same time. Your doctor is trained to perform this exam and can help put you at ease.

## **Make Your Appointment Today**

Talk to your provider about your risk factors for these cancers and recommendations for your screening schedule.

If you don't have a provider, log in to My Health Plan at [MedMutual.com/Member](https://www.MedMutual.com/Member) and click Find a Provider.

\*Based on recommendations by the U.S. Preventive Services Task Force.

The material provided, including websites and links, is for your information only. It does not take the place of your doctor's advice, diagnosis or treatment. You should make decisions about your care with your doctor. What is covered by your plan will be based on your specific benefit plan.