



Your Employee Assistance Program



Take charge of your health and well-being

Benefits of cancer screenings and early detection

Cancer is a leading cause of death worldwide, accounting for nearly 1 in 6 deaths. Early detection and effective treatment can help prevent or cure many cancers.

What tests should you schedule?

While recommended screenings can vary depending on your personal medical history, these general guidelines can help people at average risk:

- After each screening, your health care provider will advise when you should have your next screening, based on your results and risk factors.
- If any test results are abnormal, follow your health care provider's recommendation for follow-up tests and next steps.
- If you have concerns at any age, contact your health care provider for guidance.

Type of cancer	When to begin screening
Skin	All ages – Conduct self-exams monthly. If you have any questions or note any unusual changes in your skin or moles, consult a physician.
Lung*	Age 50 – If you have a 20 pack-year history of smoking (this means 1 pack a day for 20 years, 2 packs a day for 10 years, etc.) or have quit within the past 15 years.
Colon and rectal*	Age 45 – Several tests are available — your doctor can make a recommendation for you.
Breast*	Conduct self-breast exams regularly. If you note any unexplained changes in how your breasts look or feel, consult a medical doctor. Age 40 – Mammogram, an X-ray of your breasts.
Cervical*	Age 21 – Pap test (also called pap smear) to collect cells from your cervix to check for signs of cancer.
Prostate	Age 50 – Men should discuss the benefits and risks of prostate screening with your physician to determine what is right for you.

*The Affordable Care Act (ACA) requires most insurers to cover these recommended screenings at no cost to the patient. Check your medical plan coverage.

Please note: These screenings are among the most commonly recommended. However, depending on your age and medical history, your doctor may recommend screenings at earlier or more regular intervals for you.

March is Colorectal Cancer Awareness Month

Colorectal cancer is the second deadliest cancer in the U.S. Yet it can be highly preventable with screening by finding warning signs early or detecting cancer early to start treatment immediately. Most people should start getting screened at age 45, depending on health history and risk factors.

Taking care of your health can be stressful and tax your emotional and mental health. Get self-care resources at Mass4YOU.



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[1-844-263-1982](tel:1-844-263-1982)



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Sources

World Health Organization, Centers for Disease Control and Prevention, American Cancer Society, American Medical Association, Cleveland Clinic, Mayo Clinic Health System.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.