

Cervical Cancer

Are you at risk?

Find out.

You can have cancer and not know it.

Cervical cancer is a slow-growing cancer that develops in the cervix, the lower section of a woman's uterus.

Cervical cancer can be caused by a human papillomavirus (HPV) infection. HPV is spread among men and women. You can have HPV and not know it.

You can help prevent cervical cancer.

Talk to your doctor or health care provider about receiving an HPV vaccine. Then get regular HPV screenings to catch any changes — before these cells have a chance to turn into cancer.

- The HPV vaccine is for both males and females ages 9-26 and ages 27-45 for those at risk per doctor's advice.
- This vaccine can help protect you against some types of HPV infections.

Get screened before you get cancer.

If you are 21 or older,* ask your OB-GYN or health care provider about screening tests that can find potential problems early.

EVERY
3
YEARS

PAP TEST

Doctors view cells from the cervix and vagina under a microscope.

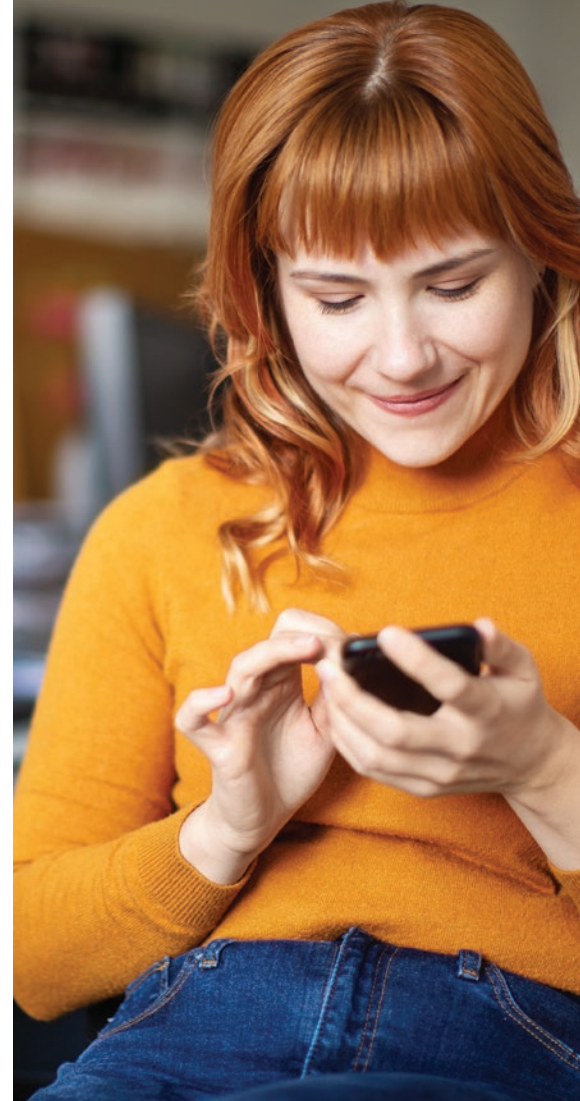
Every three years, starting at age 21,* or yearly per your doctor's advice

EVERY
5
YEARS

HPV TEST

Tests the cervical cells.

Every five years, starting at age 30,* with or without a Pap test



Simple tests can catch cervical cancer early.

Vaccines can help protect you.

*These are general guidelines. Talk to your health care provider and follow their recommendations.



Because Life.™

*Sources: CDC, USPSTF

Don't forget to follow up.

You may need follow-up tests if you have:

- Abnormal results on your Pap test.
- Unexplained vaginal bleeding or pelvic pain.

Questions?

Talk to your doctor and follow their recommendations.

Keep in mind that every plan is a little different, so if you have questions about your costs and coverage, call the number on the back of your member ID card. That number is plan specific and the quickest path to correct answers.

My appointment is on:

Date: _____

Time: _____

Location: _____

You can reduce your risk.

One way to reduce your risk is to get the HPV vaccine.

You are at **GREATER** risk if you use the pill (oral birth control), have a weak immune system, or have had chlamydia.

You can **REDUCE** your risk if you don't smoke cigarettes, limit your sexual relationships, use condoms, and avoid partners who have sexually transmitted diseases.

This is intended to provide general information only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider regarding your medical condition(s). Coverage for medical services described herein is subject to the terms of your health plan benefit agreement and network coverage varies by plan. Check your member materials for details.

Benefits and/or benefit administration may be provided by or through the following entities, which are independent licensees of the Blue Cross Blue Shield Association:

Central and Southeastern PA: Highmark Inc. d/b/a Highmark Blue Shield, Highmark Benefits Group Inc., Highmark Health Insurance Company, Highmark Choice Company or Highmark Senior Health Company. **Your plan may not cover all your health care expenses. Read your plan materials carefully to determine which health care services are covered. For more information, call the number on the back of your member ID card or, if not a member, call 866-459-4418.**

Northeastern NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Shield.

Highmark Blue Shield is a Medicare Advantage HMO, PPO, and/or Part D plan with a Medicare contract. Enrollment in these plans depends on contract renewal.

All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。