



Call Teladoc® for help!

Do you have questions about minor health issues, nutritional management, mental health or alcohol/substance use? Teladoc® has providers (including in Behavioral Health and Nutrition areas) ready to talk with you. Call Teladoc® at **1-855-636-1579** to speak with a provider who can assist you.

FREE screening!
Your cervical cancer screening is 100% covered when you schedule it with a preferred provider.



**BlueCross
BlueShield**

Federal Employee Program.

Healthy EndeavorsSM

In touch

P.O. Box 2291

Durham, NC 27702-2291

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Inside

Key cancer screenings for **MEN AND WOMEN**

Cancer screenings help prevent serious diseases

It's important to visit your healthcare provider for regular cancer screenings. These key screenings can detect cancer before you have any symptoms. Cancer can also be easier to treat when it is found early.

Here are cancer screenings men and women should not skip:

Prostate cancer — Men should talk with their providers about the pros and cons of a screening with a prostate-specific antigen test starting at age 50 or 55.

Colorectal cancer — Men and women should begin screening at age 45. Ask your provider about colorectal cancer screening options. They can include colonoscopy or fecal occult blood testing.

Lung cancer — Men and women who are 55 to 80 years old and currently smoke — or have quit within the past 15 years — should ask their healthcare providers if they're candidates for low-dose computed tomography screening.

Breast cancer — Breast cancer can be a very real danger for women and men. Women should get mammograms every year, beginning at age 45 until age 54, then every other year for women ages 55 and older. Men who find any changes in their breast tissue should visit their providers as soon as possible.

Cervical cancer — Women should have a Pap test to check for cervical cancer every 3 years, beginning at age 21 until age 29. Then, women should have a Pap test with an HPV test every 5 years, beginning at age 30 until age 65. Women older than 65 who have had normal screenings and do not have a high risk for cervical cancer do not need to be tested.

Please review your benefit plan for more information about coverage of the above listed services.



Women: Get prenatal care and earn rewards!

Are you pregnant? Contact your healthcare provider as soon as you think you are pregnant. Regular prenatal visits make sure you and your baby stay as healthy as possible.

Pregnancy Care Incentive Program

You may earn \$75 in rewards on your MyBlue® Wellness Card if you visit your provider during the first trimester of your pregnancy*. To learn more about the Pregnancy Care Incentive Program, visit www.fepblue.org/maternity.

*FEP Blue Focus members not eligible for this reward.