



Need help? Give Teladoc® a call!

If you have questions about minor health issues, nutritional management, mental health or alcohol/substance use, try Teladoc®. This service has providers (included 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.



Federal Employee Program.

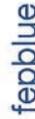
Healthy EndeavorsSM
In touch
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Inside

Key cancer screenings for **MEN AND WOMEN**

Which cancer screenings do men and women need?

An American Cancer Society study found that about 45% of cancer deaths in the U.S. are linked to lifestyle risk factors, including failure to have routine cancer screenings. This means they could be preventable.

You can help protect yourself from cancer. Visiting your healthcare provider for regular cancer screenings is important to catch cancer earlier, when it may be easier to treat. Do you know which cancer screenings you need and how often? Here are cancer screenings men and women should not skip:

SCREENING TYPE*	WHEN TO GET A SCREENING	HOW OFTEN YOU SHOULD BE SCREENED	WHAT ELSE YOU NEED TO KNOW
 Colorectal Cancer	Men and women should begin screening at age 45.	How often you need to be screened will vary depending on which type of colorectal cancer screening you have.	Ask your provider about colorectal cancer screening options. They can include colonoscopy and fecal occult blood testing.
 Breast Cancer	Women should begin mammograms at age 45.	Women should continue getting mammograms every year 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 beginning at age 21.	Women should continue getting Pap tests every 3 years 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 check with a Preferred provider for preventive cancer screenings that are covered at 100%.

** Breast cancer screenings in **men** are diagnostic, not preventive.



DON'T DELAY!
Schedule your important cancer screenings now.

Earn rewards for your prenatal care!
First, 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.

NEW BABY AT HOME?

Congratulations! Call **1-984-364-3935** to request a free "Your Child's Health Record" booklet.

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