

Cancer/Screening Challenge

What?

October's challenge aims to protect and prevent rather than improve. As a participant, you are challenged to get the recommended health screenings. Most plans include 100 percent free screenings that you are able to receive to prevent or detect illness. Remember to contact your insurance provider to better understand which screenings, labs and visits are covered at 100 percent.

How?

In order to receive a preventive screening, contact your primary care physician (PCP). If you don't have one, simply contact your health insurance carrier (the number is on the back of your card) and allow the Customer Service team to find a PCP near you. Talk with your doctor about what tests and screenings are recommended. To view a list of covered preventive exams, please visit healthcare.gov/coverage/preventive-care-benefits/. Make sure to view covered services for adults, men, and women. Common prevention services include a yearly wellness exam, breast exam, and other cancer screenings. Remember, to ensure these services are free, call your health provider to verify your coverage and make sure your doctor is in-network.

Why?

Prevention is a key component to better health. Cancer, high blood pressure and many other illnesses are discovered, treated, or prevented entirely by taking advantage of the free services. The covered screenings have been chosen carefully. Each service that is covered at 100 percent can save lives and positively affect your health. For example, simply seeing your PCP for free once per year, lowers your risk for potentially dangerous illnesses. Take advantage of the screenings for yourself and your loved ones. Call your doctor today!