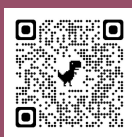




## WOMEN'S SCREENINGS CAN HELP YOU CELEBRATE MORE YEARS OF GOOD HEALTH

USE THE QR CODE TO LEARN MORE ABOUT YOUR HEALTH AND HOW TO PROTECT IT, COMPLETE THE HEALTH ASSESSMENT AT [LIIVEWELL.COM](https://www.liivewell.com)



*Getting the right screenings can help you achieve long-lasting well-being. They can help you find health problems before they start, identify diseases early on when they're easier to treat, and work toward feeling your best—year after year.*

### Know the screenings recommended for women your age.

#### CERVICAL CANCER SCREENING

If you are ages 21-29, you should get a pap test every three years.

If you are ages 30-65, you should get a pap test every three years or an HPV test every five years. Or, get a pap test and HPV test at the same time every five years.

If you are age 65 or older and you've followed the recommended screening schedule throughout your life and are not otherwise at high risk for cervical cancer, you do not need to be screened.

#### BREAST CANCER SCREENING

If you are ages 40-49, the decision to screen for breast cancer should be an individual one. Women with a parent, sibling or child with breast cancer are at higher risk for breast cancer and may benefit more than average-risk women from beginning screening in their 40s.

If you are ages 50-74, you should get a mammogram to screen for breast cancer every other year.

74 or older? There isn't enough evidence to assess the balance of benefits and harm of being screened.

#### LUNG CANCER

If you're 55-80 years old and have a history of smoking at least 30 pack-years (one pack-year is equal to smoking one pack of cigarettes a day for a full year) and currently smoke, or you've quit within 15 years, you should be screened for lung cancer once a year.

If you never smoked or haven't in the past 15 years, you don't need to be screened.

#### BODY MASS INDEX

If you're overweight, you should have your body mass index (BMI) checked by your physician regularly. To learn more and get an estimate of your BMI today, try the [BMI calculator](#) from the National Heart, Lung and Blood Institute.

Use the QR Code to Contact one of the Quantum Health Care Coordinators to learn about more health screening information and well-being resources.

