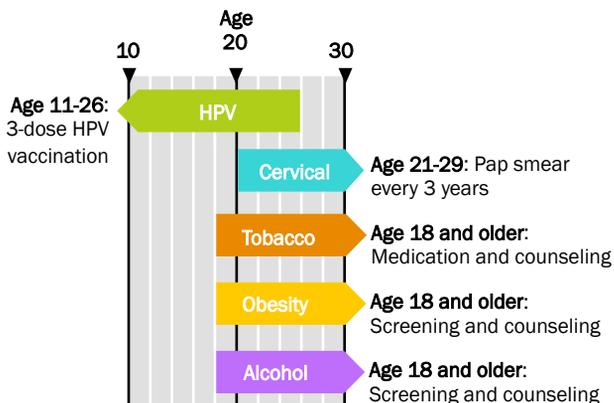


Cancer Prevention and Screening Benefits for Kentuckians

What you need to know: The Affordable Care Act (ACA) may offer you cancer prevention and screening benefits at no cost through a doctor who works with your insurance company. This sheet shows you what benefits you could receive based on your age.

If you are under 30 years old, stopping cancer before it grows is the goal. Take this sheet with you to your appointment and ask if the ACA may provide these benefits to protect your health:



HPV Young men and women should get vaccinated for Human Papilloma Virus (HPV). The 3-dose HPV shots are given between ages 11 and 26. This vaccine will protect women against types of viruses that cause most cervical cancers. It protects men and women against genital warts and many anal cancers. The vaccine cost is covered under the ACA.

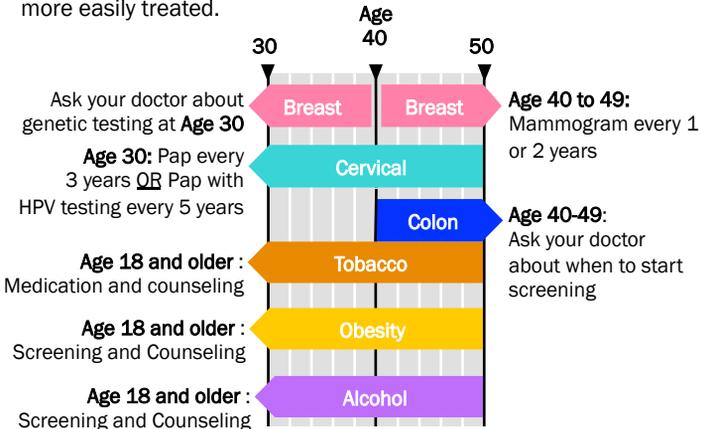
Cervical Cancer Learn about cervical cancer and begin having Pap smears regularly. The ACA covers a Pap smear every 3 years from age 21 to 29. Having regular Pap smears can help prevent cervical cancer or find it early, when it is most easily treated.

Tobacco If you smoke or use tobacco in any way, the ACA covers 90 days of medication, 4 counseling sessions per quit attempt and 2 quit attempts per year. Call 1-800-QUIT-NOW.

Obesity Your doctor will let you know if you are overweight and obese and help you find ways to eat healthy and be active. This will reduce your risk for 10 types of cancers.

Alcohol Having more than 1 or 2 drinks per day could raise your cancer risk. Drinking alcohol is linked to a higher risk of mouth and throat cancers, liver cancer, colon cancer, and breast cancer. Talk with your doctor about how much you drink and ask for help in drinking less.

When you are 30-49 years old, preventing cancer or finding it early are both important. These prevention and screening activities may help stop cancer before it grows or may help catch it early when it's more easily treated.



Breast Cancer If someone in your family had breast and/or ovarian cancer, talk with your doctor about what you should do and when to begin mammograms. Mammograms are important for finding breast cancer early and the ACA covers them every 1 or 2 years beginning at age 40.

Cervical Cancer Beginning at age 30, the ACA covers Pap smears *without* HPV testing every 3 years OR Pap smears *with* HPV co-testing every 5 years. Having regular Pap smears can help prevent cervical cancer or find it early, when it is most easily treated.

Colon Cancer Beginning at age 40, talk with your doctor about your family history, other risk factors and when you should begin colon cancer screening.

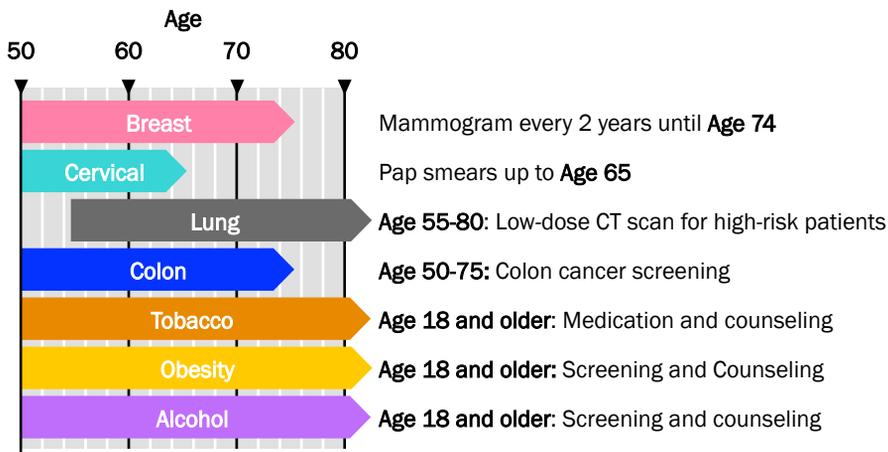
Tobacco If you smoke or use tobacco in any way, the ACA covers 90 days of medication, 4 counseling sessions per quit attempt and 2 quit attempts per year. Call 1-800-QUIT-NOW.

Obesity Your doctor will let you know if you are overweight and obese and help you find ways to eat healthy and be active. This will reduce your risk for 10 types of cancers.

Alcohol Having more than 1 or 2 drinks per day could raise your cancer risk. Drinking alcohol is linked to a higher risk of mouth and throat cancers, liver cancer, colon cancer, and breast cancer. Talk with your doctor about how much you drink and ask for help in drinking less.

Cancer Prevention and Screening Benefits for Kentuckians (Continued)

When you are over 50 years old, preventing cancer or finding it early are both important. These prevention and screening activities may help stop cancer before it grows or catch cancer early when it is most easily treated:



Breast Cancer A woman should have mammograms until her doctor says to stop. ACA covers them every 2 years from age 50 to 74. Mammograms are important for finding breast cancer at an early stage.

Cervical Cancer Women should continue to have Pap smears on a regular basis until her doctor tells her to stop. The ACA covers Pap smears *without* HPV testing every 3 years or Pap smears *with* HPV testing every 5 years until age 65. Having regular Pap smears can help prevent cervical cancer or find it early, when it is most easily treated.

Colon Cancer If you are age 50 and have not yet been screened for colon cancer, it's time for you to start! If you have already been screened, keep getting screened! Ask your doctor what kind of screening is right for you. FOBT and FIT tests are done at home; colonoscopy is done at a doctor's office or hospital. The ACA covers colon cancer screening tests from age 50 to 75. Regular screening can help prevent colon cancer or find it early, when it is most easily treated.

Lung Cancer Low-dose CT is a screening test for lung cancer. Talk with your doctor about having this screening if you have smoked 1 pack a day for 30 years, 2 packs a day for 15 years, or if you have quit smoking within the past 15 years. Lung cancer screening is covered under the ACA for men and women age 55-80 and under Medicare for men and women age 55-77 who fit these guidelines.

Tobacco If you smoke or use tobacco in any way, the ACA covers 90 days of medication, 4 counseling sessions per quit attempt and 2 quit attempts per year. Call 1-800-QUIT-NOW.

Obesity Your doctor will let you know if you are overweight and obese and help you find ways to eat healthy and be active. This will reduce your risk for 10 types of cancers.

Alcohol Having more than 1 or 2 drinks per day could raise your cancer risk. Drinking alcohol is linked to a higher risk of mouth and throat cancers, liver cancer, colon cancer, and breast cancer. Talk with your doctor about how much you drink and ask for help in drinking less.

Talk with your doctor about:

- ✓ Cancer screening that may be right for you.
- ✓ Your family history of cancer.
- ✓ Any fears you have about cancer screening.
- ✓ Cancer prevention, early detection, and living a healthy lifestyle.

Uninsured patients:

- ✓ Enroll in Medicaid at any time. Call 1-855-4kynect (459-6328)
- ✓ Kentucky Women's Cancer Screening Program. Call 1-844-249-0708
- ✓ Kentucky Colon Cancer Screening Program. Call 1-800-633-8100
- ✓ Help to stop smoking. Call 1-800-QUIT-NOW (1-800-784-8669)

If you get an unexpected bill for something listed on this paper:

- ✓ Call the phone number on your insurance card.
- ✓ Keep this paper handy when talking about your bill.
- ✓ If you still have problems, call 1-800-595-6053 (option 1) or visit insurance.ky.gov/Home.aspx, for consumer protection information.