

# Cancer Prevention and Screening Benefits

## for Kentuckians

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.

Have questions? Call the number on your insurance card.

| INSURANCE COMPANY NAME   | COVERAGE TYPE  |
|--|--|
| MEMBER NAME: J. DOE<br>MEMBER NUMBER: XXX-XXX-XXXX   | EFFECTIVE DATE: XX-XX-XXXX<br>PRESCRIPTION GROUP #: XXXXX    |
| GROUP #: XXXXXX-XXX-XXX<br>PCP CO-PAY: \$XX.XX<br>SPECIALIST CO-PAY: \$XX.XX<br>EMER. ROOM CO-PAY: \$XX.XX | PRESCRIPTION CO-PAY: GENERIC: \$XX.XX<br>BRAND NAME: \$XX.XX |
| <b>MEMBER SERVICES: XXX-XXX-XXXX</b><br><b>CLAIMS/INQUIRIES: XXX-XXX-XXXX</b>                              |  |

## Catch Cancer Early

Stop it before it starts – talk to your doctor about getting screened.

| Benefit For                               | Age          | Who            | What To Do                                     | How Often  |
|---|--------------|----------------|--|--|
| HPV                                       | 11 – 26      | Boys and Girls | HPV vaccine                                    | 3 doses as directed by your doctor   |
| Tobacco Cessation                         | 18 and Older | Men and Women  | Quit Tobacco – using medication and counseling | 2 times each year  |
| Cervical Cancer                           | 21 – 29      | Women          | Cervical – Pap smear                           | Every 3 years  |
| Cervical Cancer                           | 30 – 65      | Women          | Cervical – Pap smear                           | Every 3 – 5 years  |
| Breast Cancer                             | 40 – 74      | Women          | Breast – Mammogram                             | Ask your doctor  |
| Colon Cancer                              | 40 – 75      | Men and Women  | Colon cancer screening – FIT or colonoscopy    | Ask your doctor how early to start screening, at least by age 50                       |
| Lung Cancer                               | 55 – 80      | Men and Women  | Lung low dose CT scan                          | Ask your doctor; based on how much and how long you have smoked                        |
| Diet and Obesity Screening and Counseling | 18 and Older | Men and Women  | Eat healthy, be active                         | Every day; ask your doctor about how you can get more help                             |
| Alcohol Use                               | 18 and Older | Men and Women  | Drink less alcohol                             | No more than 2 drinks a day for men, 1 drink a day for women; ask your doctor for help |

This publication is supported by cooperative agreement number U55/CCU421880-04 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official view of the Centers for Disease Control and Prevention.

