

# For your health

## Breast and Cervical Cancer Screening

At Aetna, we believe there is nothing more important than your health. That's why we're pleased to bring you information to help you take an active role in the management of your health.

### Get your mammogram

Getting a mammogram is one of the most important things you can do. A mammogram can help find cancer early, when it is too small to be felt.

- Get a mammogram every 1 to 2 years after the age of 40.
- Get your breasts examined by your doctor. This is usually done during your yearly checkup.
- Visit the Aetna IntelliHealth® website at [www.intelihealth.com/breastexam](http://www.intelihealth.com/breastexam) for more information about how to perform breast self-examination.
- Report any breast changes promptly to your doctor.
- To learn more about mammograms watch the American Cancer Society online video at [www.cancer.org/aetnamammo](http://www.cancer.org/aetnamammo).

### Get your Pap test

A Pap test can find changes in the cervix that may lead to cancer. Cervical cancer can often be prevented if changes in the cervix are found and treated early.

- Get a Pap test every 1–2 years starting at age 21 or earlier if sexually active.
- If 30 years or older, get a Pap test every 2–3 years after having normal test results 3 years in a row OR get an HPV test plus a Pap test every 3 years if results of both tests are negative. Talk to your doctor about the type of screening that is right for you.
- Women 70 years and older may stop getting Pap tests if previous results have been normal.
- Talk with your doctor about Pap testing if you have had a hysterectomy.
- Get a breast and pelvic exam yearly, even if you do not need a Pap test. Your doctor will assess risk factors and discuss needed screenings.

### Visit your personal self-service member website online!

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Additional information is available on Aetna's consumer health information website located at [www.intelihealth.com](http://www.intelihealth.com).

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