

Nothing's more important than your Well Woman exam



Be well advised

- An annual mammogram and Pap test can detect cancer early when it's easier to treat.
- Breast cancer is the most common cancer women may face.
- Clinical breast exams should be scheduled once a year at age 40 or older, and every one to three years if you are in your 20s or 30s.
- Have an annual Pap test if you are older than 21 or have been sexually active.
- Discuss any risk factors with your physician and determine the most appropriate screening schedule for you.

Check your benefits booklet to determine if your health plan coverage pays for this type of screening.



**BlueCross BlueShield
of Illinois**

Source: American Cancer Society

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