

# It's go time! Cancer screening and prevention

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- Largest dental membership in FEDVIP
- Exclusively Federal / Postal / Annuitants / Military retirees
- Extensive nationwide network of doctors, dentists, hospitals and other providers
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GEHA®

Coletta

Good Morning or afternoon and happy New Year. And welcome to the webinar, "It's go time - Cancer Screening and Prevention!" We are going to give everyone another minute to log on.

## Webinar tips

- You'll find a PDF of the slides and speaker notes in the resource list.
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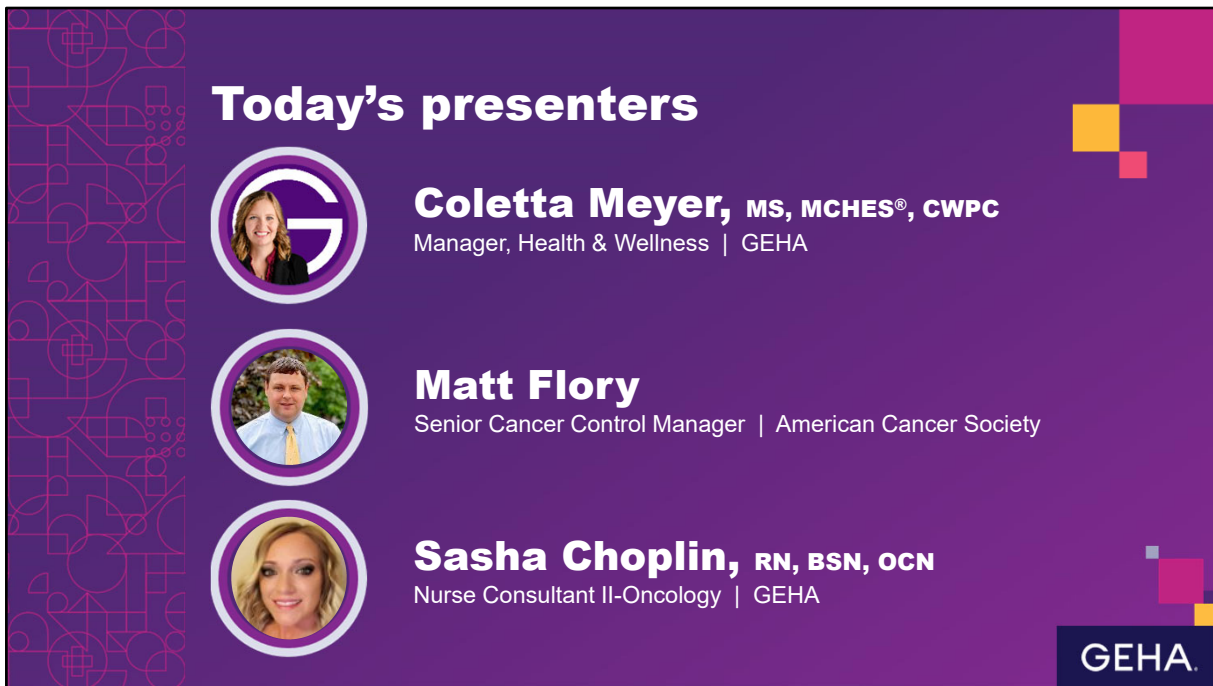
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Coletta


While we wait, let's go through some tips to give you the best webinar experience.


- If you have questions during the presentation, you may submit them by using the Q&A Chat box you see on your screen. I do ask that you wait to the end of the presentation. Many questions can be answered by listening to the presentation. We have staff here with us who will answer questions at the end of the presentation as time allows.
- After the webinar, all attendees will receive an email with a link to the recorded webcast along with a copy of the slides. You may also download the PPT slides located in the resource list on your screen.
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- If you have questions about GEHA Benefits, we would love to hear from you..., please email us at [webinars@geha.com](mailto:webinars@geha.com).

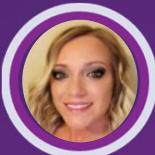
Okay. I believe we are ready to start.



## Today's presenters

**Coletta Meyer, MS, MCHES®, CWPC**  
Manager, Health & Wellness | GEHA

**Matt Flory**  
Senior Cancer Control Manager | American Cancer Society

**Sasha Choplin, RN, BSN, OCN**  
Nurse Consultant II-Oncology | GEHA

**GEHA**

Coletta

My name is Coletta Meyer and I will be your host for this webinar. I am the Manager of the Health and Wellness team at GEHA with over 18 years of experience in the health field. Today's presenters are... Matt Flory, American Cancer Society Senior Cancer Control Manager and Sasha Choplin, GEHA Nurse Consultant II-Oncology. Matt, would you like to tell the audience a little about your background?

Matt

Sure, thanks Coletta. My name is Matt Flory and I've worked with the National Cancer Society for over 20 years. I primarily partner with health insurance companies, health departments and medical groups to prevent and detect cancer early when it's easiest to treat.

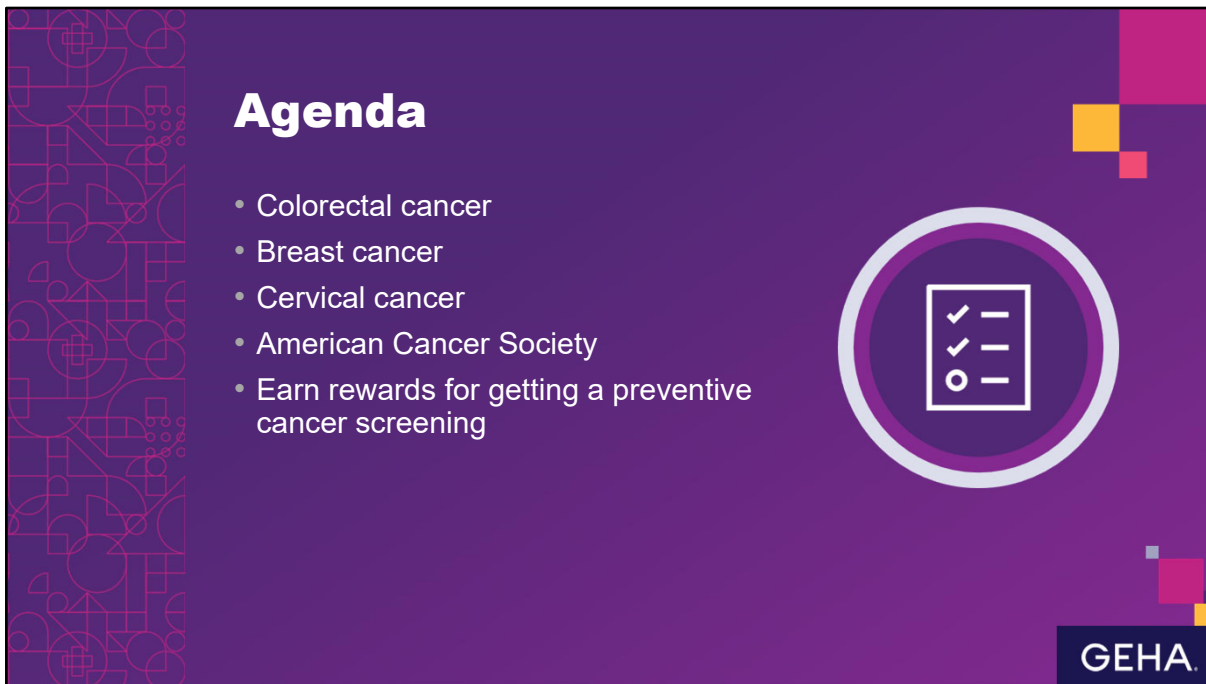
Coletta

Sasha, go ahead and tell the audience a little about your background and what you do at GEHA.

Sasha

Thank you Coletta. I have been an oncology nurse for 9 years, I'm new to GEHA as of last year, and currently work with oncology members and case managing them.

Coletta, Wonderful and thank you. I think we are ready to get started.



**Agenda**

- Colorectal cancer
- Breast cancer
- Cervical cancer
- American Cancer Society
- Earn rewards for getting a preventive cancer screening

GEHA

Coletta

So first, let's go through the agenda. The agenda today will include discussing what Cancer is, understanding the steps we can take to prevent it and what methods are used to screen for it.

The presentation is outlined to discuss preventative measures of **Colon Cancer**, Breast Cancer and Cervical Cancer. In addition, we will include the GEHA-covered benefits as they relate to each Cancer topic.

Matt, I will turn it over to you to get us started.

**Catch cancer early when it's easier to treat.  
Regular screening tests can improve and save your life.**

- 1 in 3 men and women will be diagnosed with a potentially serious cancer in their lifetime.
- Screenings for breast, cervical and colorectal cancer can catch cancers early when they are easier to treat.
- Some screenings can catch problems before they start, effectively preventing cancer.



GEHA.


Matt

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Matt  
Let's talk about colorectal health



## Colorectal cancer: Trends

- Colorectal cancer is the third most common cancer diagnosed in both men and women in the United States (not including skin cancers).
- American Cancer Society (ACS) estimates for 2021:
  - 104,270 new cases of colon cancer
  - 45,230 new cases of rectal cancer

Source: <https://www.cancer.org/cancer/colon-rectal-cancer/about/keystatistics.html>



Matt

The American Cancer society reports that Colorectal Cancer is the 3<sup>rd</sup> most common cancer diagnosis in both men and women with the exclusion of skin cancers. According to the American Cancer Society in 2021, 104,270 new cases of colon cancer were diagnosed and 45,230 new cases of rectal cancer were diagnosed. That's about 1 in 23 men were diagnosed with one of these cancers and 1 in 25 women.



## Preventive factors

- Maintain healthy weight
- Limiting red and processed meats and eating more vegetables, fruits and whole grains may help lower your risk
- Exercise regularly and move more
- Get plenty of rest
- Limit alcohol
- Avoid smoking
- Get your annual physical
- Get your screenings



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Matt

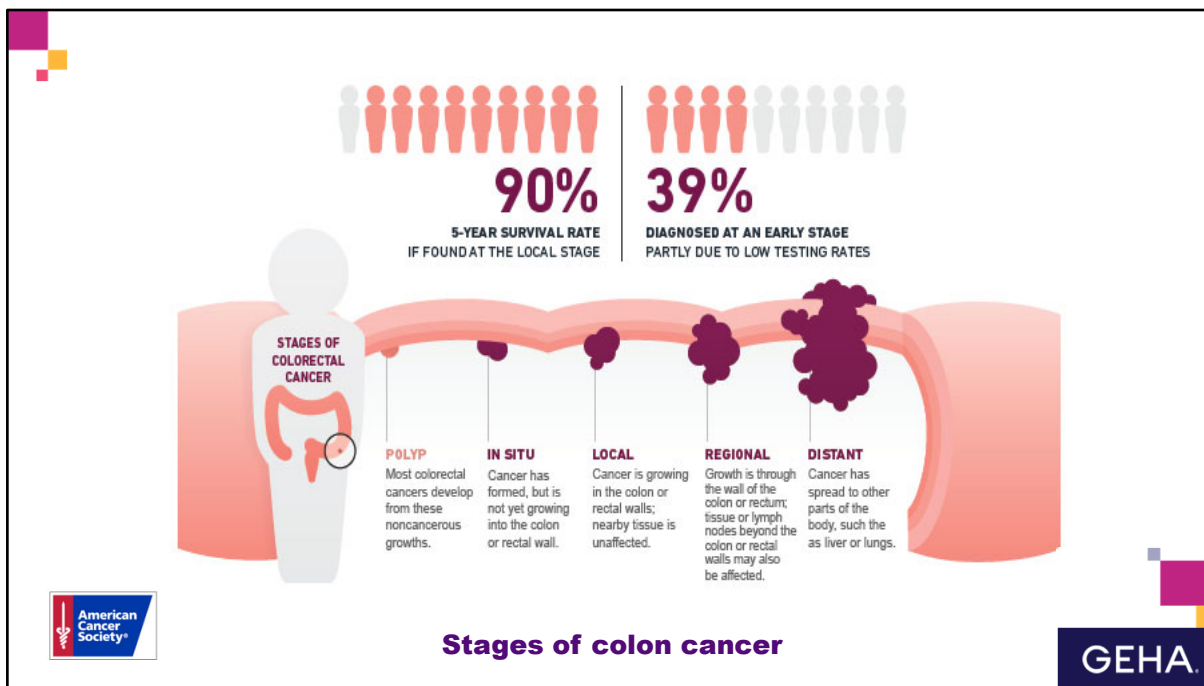
There are lifestyle alterations that can be made to reduce your risk of almost any disease or illness. So, you should try to maintain a healthy weight. A healthy range of BMI is considered to be 18.5 to 25. Exercise regularly. The American Cancer Society recommends 150 minutes per week of moderate-intensity aerobic activity and strength training 2 days per week.

Get plenty of rest, meaning at least 7 to 8 hours per night for adults.

Limit alcohol. The recommended limit is no more than 1 drinks per day for women or 2 drinks per day for men. Avoid smoking. If you do smoke, invest in a smoking cessation program, because it can be done!

Get your annual physical. It's never a bad idea to check in on your health. Knowing your risk can help you and your doctor talk about whether you need to lower your risk. Together, you can decide what treatment is best for you.





Matt

Fortunately, colorectal cancer is very treatable if caught in the early stages. It has a 90% survival rate if found at the local stage. Unfortunately, we are catching less than half of those cancers in the most early stages. Only about 39% are caught in the early stage and that is why it is so important you be tested for colorectal cancer before you have symptoms. Symptoms may be signs of a later stage cancer. So it's very important you get your tests ahead of time when your doctor recommends.

**Colorectal cancer:  
Screening and detection**

- U.S. Preventive Services Task Force (USPSTF) screening recommendations:
  - Members **45 to 75 years** of age:
    - Fecal occult blood test yearly
    - Flexible sigmoidoscopy every five years
    - Colonoscopy every 10 years
    - CT colonography every five years
    - OR FIT-DNA every three years

Source: <https://www.preventiveservices.org/wp-content/uploads/2016/04/colorectal-cancer-uspstf-recommendations.pdf>

GEHA


Matt

Listed on this slide are the U.S. Preventative Service Task Force screening recommendations. There are a number of screening tests geared at detecting these diseases early and start at age 45 and continue to age 75. Having a personal or Family History of Colorectal cancer may require changes in the routine screening, consult your provider if you have any concerns.

The Fecal Occult Blood test is recommended yearly, this test is less invasive and can usually be done at home. The test consists of collecting stool samples, typically from 3 separate bowel movements that are placed on a card and sent back to the providers' office to complete the testing. This test looks for hidden (Occult) blood in the stool and if found, may require further testing to rule out or identify known causes. It is important to follow the directions given on how to perform the test to eliminate any false results or need for repeat testing.


The Flexible Sigmoidoscopy is recommended every 5 years and is like a Colonoscopy which is recommended every 10 years. Both tests consist of inserting a small camera through the anus to capture images and video of the colon and rectum. These tests are geared at detecting any abnormalities. The Sigmoidoscopy does not examine the entire rectum, in fact this test is not a widely used screening method in the United States, in part because it only allows the provider to view about 1/3 of the colon. A colonoscopy provides a greater look into the colon and rectum. Prior to performing the test, you will be given special instructions on how to prepare for the test. Both tests typically take less than 30 minutes to complete, however if polyps are found, that time may increase. If your provider finds a polyp or growth during the test, they can remove it and send it for testing. Sedation is typically given prior to the colonoscopy procedure. A CT Colonography is recommended every 5 years, this imaging test provides a 3 Dimensional image of the rectum to identify any abnormal areas. This test does not typically require sedation. FIT-DNA Testing, also known as Fecal Immunochemical Test combined with DNA testing allows for the provider to examine ones stool for blood as well as any abnormal DNA within the sample. This test is recommended every 3 years and can be collected at home. All of these test are good for family members at average risk. If you have a

family history or other concerns, you may talk to your doctor to see if they have a specific test they might recommend.



## Colorectal cancer: GEHA benefits

- Services covered at **100%** with an in-network provider (following recommendations):
  - Colonoscopies every 10 years
  - Sigmoidoscopies every five years
  - FIT-DNA every three years
  - FOBT (fecal occult blood test) annually
- GEHA offers a colorectal cancer screening program for members who meet U.S. Preventive Services Task Force (USPSTF) criteria.



Sasha

Following the provided recommendations, all tests are covered at 100% under preventative benefits when performed by an in-network provider.

Colonoscopy is covered every 10 years

Sigmoidoscopy every 5 years

FIT-DNA testing every 3 years

Fecal Occult Blood Test yearly

GEHA does offer a colorectal cancer screening program for its members who meet criteria, more information on this can be provided by your care team, which we will discuss in more detail next.

As we wrap up the discussion over Colorectal Cancer, let's recap on the content provided:

Colorectal cancer refers to both colon and rectal cancer and is determined by which area of the GI tract is affected.

Colorectal cancer screening can detect polyps early, allowing providers to remove them before they turn into cancer.

Your GEHA membership provides preventative screening covered at 100% when using an in-network provider or facility.



Matt  
Let's move into breast health

## Breast cancer



**1 in 8** women will be diagnosed with breast cancer in her lifetime.



Breast cancer is the **2nd leading cause of death** for U.S. women.



Slide 13 Health and Wellness

GEHA

Matt

As we dive into the topic of Breast Cancer, we're brought to this slide that outlines the prevalence of the disease. Breast Cancer is one of the most talked about cancers worldwide and continues to be one of the deadliest. Odds are that you or a loved one have experienced Breast Cancer in some form.

It has been reported that Breast cancer is the 2<sup>nd</sup> leading cause of death for U.S. women, with cardiovascular disease being #1. 1 out of 8 women will develop Breast Cancer in their lifetime, that is roughly 13% of women. Due to these alarming statistics, it is imperative that we discuss ways in which we can screen and detect this disease early. When we are able to find Breast Cancer early, treatment options are greater, leading to a decrease in Breast Cancer related deaths.



## Breast cancer: Trends

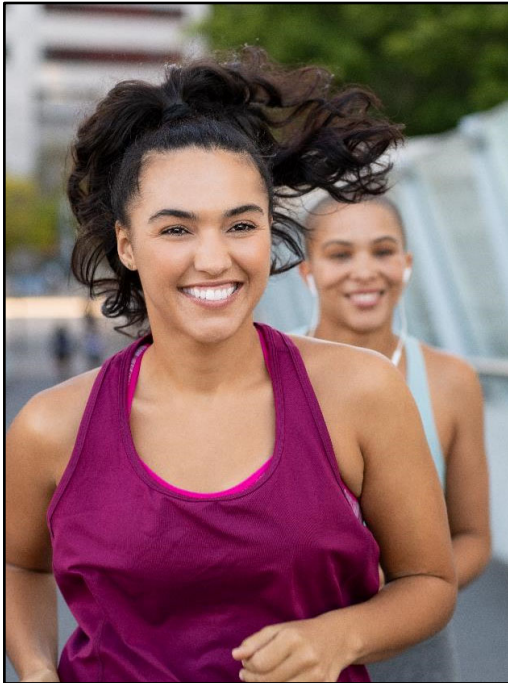
- Breast cancer is the second leading cause of death from cancer in women.
- American Cancer Society (ACS) estimates for 2021:
  - About 281,550 new cases of invasive breast cancer will be diagnosed in women
  - About 49,290 new cases of ductal carcinoma will be diagnosed
  - About 43,600 women will die from breast cancer

Source: <https://www.cancer.org/cancer/breast-cancer/about/how-common-is-breast-cancer.html>

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Matt

On this slide you will see the estimates of new Breast Cancer diagnosis, and deaths provided by the American Cancer Society for the 2021 year. The American Cancer Society estimates that roughly 43,600 women will die from Breast Cancer in 2021. Breast Cancer is the second leading cause of cancer deaths with Lung Cancer being number one. Although these rates prove to be startling, it is important to note that there has been a decrease in Breast Cancer for older women because of increased awareness and screening techniques. Completing the recommended screening allows for Breast Cancer to be diagnosed earlier and can increase the changes of survival.



## Preventing breast cancer

Women can lower their risk of breast cancer by following these tips:

- Maintain healthy weight
- Exercise regularly — move more through physical activity
- Avoid alcohol
- Avoid smoking
- Get your annual physical
- Get your screenings




Matt

Women can lower their risk of breast cancer by following these tips:

- Maintain healthy weight
- Exercise regularly — move more through physical activity
- Avoid alcohol
- Avoid smoking
- Get your annual physical
- Get your screenings

Im going to hand this over to Sasha to talk about more about breast cancer and early detection.





**Breast cancer:  
Screening and detection**

- Mammogram:
  - An X-ray picture of the breast. Mammograms use a very low level of X-rays, which are a type of radiation. The risk of harm from this radiation is very low.
- U.S. Preventive Services Task Force (USPSTF) Screening recommendations:
  - **Ages 50 to 74:** screen every two years
  - **Ages 40 to 49:** option to start screening every two years
- Self-exam monthly

Source: <https://www.uspreventiveservicestaskforce.org/uspstf/comm/06breast-cancer-cv11n1>

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Sasha

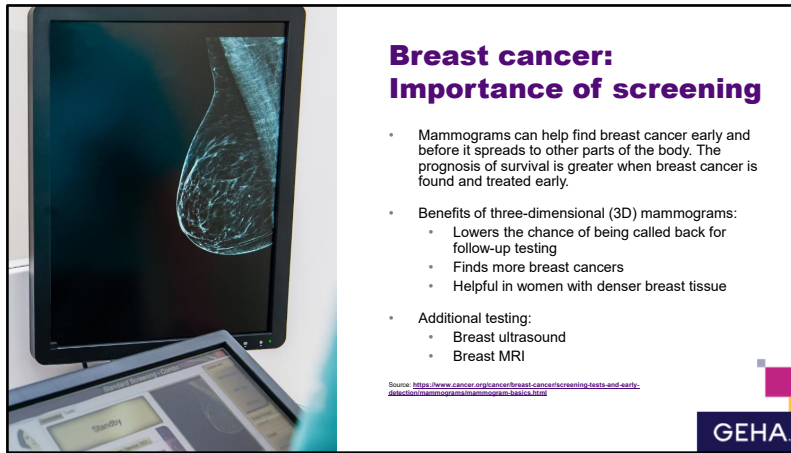
Because not all Breast Cancer diagnosis presents with signs or symptoms, it is crucial for individuals to follow guidelines regarding routine exams and testing. Mammograms continue to be recommended and used to detect Breast Cancer early. A Mammogram is a type of Xray used to obtain an image of the breasts. The images obtained help the provider determine if there are any abnormal areas in the breast tissue that would require further testing or follow-up, the test itself does not give a definitive diagnosis of Breast Cancer. The test is considered safe and uses low levels of radiation.

On this slide you will find the recommended ages for screening guidelines provided by U.S. Preventative Service Task Force. From the ages of 50 to 74, you should be getting a mammogram done every two years. From the ages of 40-49 years, you have the option to begin getting mammograms done every two years. Individual needs may differ and depend on one's opinion and or risk factors, if you are at higher risk due to family history, gene mutation, or otherwise, speak with your provider about your options. It is important to note that along with routine Mammograms, self-monthly exams of the breast are also encouraged to help the individual become familiar with how their breast look and feel so that they can identify and report any changes.

It is recommended you perform the breast self-exam around the same time each month, 3-5 days after your period as hormones can affect how breast feel. If you are menopausal, complete your exam on the same day each month.

You can perform the test in the shower using the flats of your hands. You will want to check the entire armpit areas pressing down with light, medium and firm pressure. In Front of a mirror where you can visually inspect your breasts with your arms at your side, then raise your arms over your head; also press down with light, medium, and firm pressure. Lastly, Lying down using the mentioned techniques.

Performing this test will help you become familiar with how your breast look and feel. If you notice any new changes, or lumps, discuss these with your provider immediately.



Sasha

Mammograms remain one of the commonly used tests to screen for Breast Cancer simply because they aid in detecting and identifying any abnormalities in the breast tissue and can confirm a nodules or lumps that was felt on examination. Screening is important because when Breast Cancer is identified early, it increases the chances of survival. Traditional Mammograms give a 2-dimensional view of the breast tissue by Xray, whereas 3D (dimensional) mammograms have the ability to obtain more images by use of newer technology. A 3D mammogram can provide more details of the breast tissue and structure. Both types of mammograms are effective in early detection, however, the 3D option has shown to reduce call backs for repeat testing, better imagining for those with dense breast tissue-meaning there is more connective tissue vs. fatty tissue, it is sometimes harder to see the breast on imaging and increase in identifying breast cancer.

During the mammogram, you will be instructed to stand in front of the Xray machine while your breasts are placed on a plastic plate while another plastic plate presses firmly from the other end-creating a sandwich like feel. The test should not cause any pain; however, it may cause some pressure as the plates press against each other to obtain the image. The test does not require a lot of time and is typically performed quickly. On the day of the test, you will want to refrain from wearing deodorant, and other perfumes or powders as they can show up on imaging as a white spot. In addition, its suggested that you schedule the test 1 week before your period, avoid getting it done while on your period, to avoid discomfort associated with hormonal changes. Depending on the findings reported on the Mammogram, further imaging and testing may be prescribed by the provider. Additional testing may include:  
 Ultrasound of the Breast: This test uses high frequency sound waves to produce an image of breast tissue on a computer screen. It is a painless way used to identify cysts, solid tumors and evaluate abnormal areas seen on a mammogram or breast MRI. MRI of the breast: an MRI uses radio waves and magnets to produce detailed images of the breasts without x-rays.



## Breast cancer: GEHA benefits

- Mammograms are covered at **100%** from an in-network provider:
  - Screening 3D mammograms are also covered at **100%**



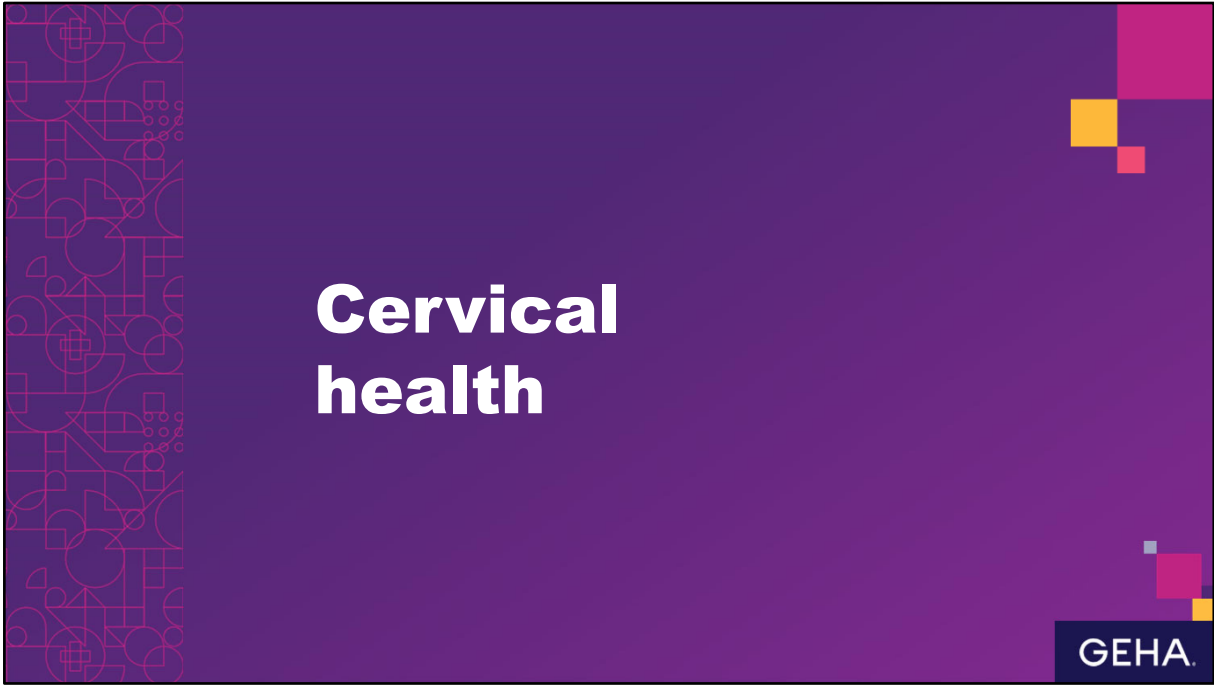
Sasha

Your GEHA membership provides 100% coverage for routine and preventative screening to include both 2D and 3D mammograms when performed by in-network providers. Our care teams are dedicated to assisting all members with locating in-network facilities near them that provide these services.

As we wrap up the topic of Breast Cancer let's take a moment to recap the content provided:

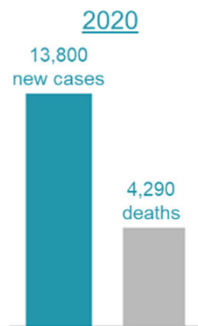
We may not be able to prevent Breast Cancer in all individuals, but we can modify our lifestyle to decrease the risk. We can also screen for the disease and detect it early which will provide earlier intervention and decrease Breast Cancer related deaths. Preventative Screening is covered at 100% with your GEHA membership.

GEHA covers both over-the-counter (with a physician's prescription) and prescription smoking cessation drugs approved by the FDA.



Matt  
Now we are going to talk about Cervical health.

## Cervical cancer



Most cases of cervical cancer occur in women under age 50.



Slide 20 Health and Wellness

GEHA

Cervical cancer is another disease that greatly affects women. The American Cancer Society projects that in 2020, there will be 13,800 new cases of cervical cancer and 4,290 deaths. Cervical cancer is most frequently diagnosed in women between the ages of 35 and 54 with the average age at diagnosis being 50 .

While the number of deaths is scary, it's important to consider that not enough women get tested regularly. It's critical to get tested to catch cervical cancer in its early stages for treatment to be more effective.

Most cases occur in women under the age of 50, so it is imperative to be tested regularly at least until this age. There are a couple tests used to detect Cervical Cancer, but we will be discussing Pap tests.

<https://www.cancer.org/cancer/cervical-cancer/about/key-statistics.html>

## Cervical cancer: Trends

- Cervical cancer is most frequently diagnosed in women between 35 to 44 years of age, with the average age being 50.
- American Cancer Society (ACS) estimates for 2021:
  - About 14,480 new cases of invasive cervical cancer will be diagnosed
  - About 4,290 women will die from cervical cancer

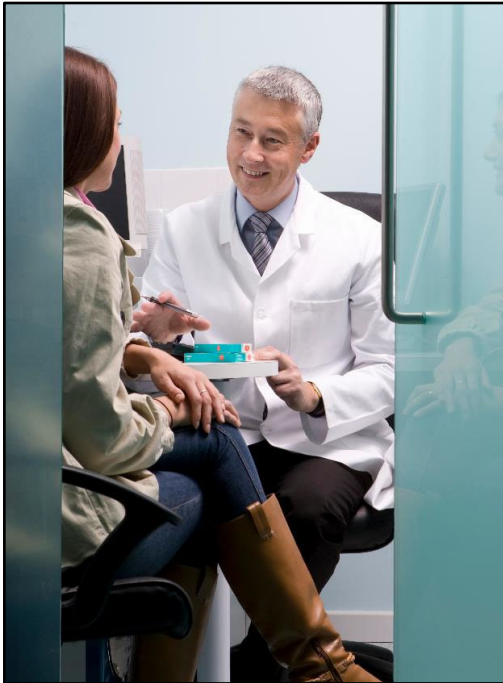
Source: <https://www.cancer.org/cancer/cervical-cancer/about/key-statistics.html>

Slide 21 Health and Wellness



### Matt



The most common age range for Cervical Cancer Diagnosis is in women between the ages of 35 and 44 with the average age being 50. On this slide you will see the estimates of new Cervical Cancer diagnosis, and deaths provided by the American Cancer Society for the 2021 year. It is important to note that with regular and routine testing and screening, the risk for Cervical Cancer is decreased significantly. We will discuss the Screening measures that are available in the next slide.



## Preventing cervical cancer

Women can lower their risk of cervical cancer by following these tips:

- Get your screenings
- Don't smoke or stop smoking
- Get the HPV vaccine



Matt

Preventing cervical cancer

Women can lower their risk of cervical cancer by following these tips:

- Get your screenings
- Don't smoke or stop smoking
- Get the HPV vaccine

## Cervical cancer: Screening and detection

- U.S. Preventative Services Task Force (USPSTF) recommendations:
  - Women **21 to 29 years** of age need to be screened with cervical cytology alone (PAP test) every three years
  - Women **30 to 65 years** of age need to be screened with cervical cytology alone (PAP test) every three years:
    - Every five years with high-risk human papillomavirus (hrHPV) testing alone **OR**
    - Every five years with hrHPV testing in combination with cytology (co-testing)

Source: <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/cervical-cancer-screening>

Slide 23 Health and Wellness

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Sasha

The U.S. Preventative Service Task Force recommendations for testing are listed.

Women should begin getting pap tests at 21 years of age.

From the ages of 21 to 29 years, you should get tested every 3 years.

From the ages of 30 to 65 years, you can get co-tested for Cervical Cancer and HPV every 5 years. Or you can continue to get a pap test every 3 years.

After the age of 65, if you have had a normal test in the past 10 years, Cervical Cancer testing can be stopped and should not be resumed.

Women who are at higher risk due to being immunocompromised, who have had an abnormal test result in the past, or otherwise may require testing more often. Make sure to express your needs and communicate with your provider to determine when testing should be performed based off individual need.


Both the PAP and HPV test can be performed by your provider in office or clinic during a routine visit and are typically performed in conjunction with a pelvic exam.

On the next slide we will cover the screening measures in more depth.



## Cervical cancer: GEHA benefits

- Services that are covered at **100%** with a GEHA in-network provider (following recommendations):
  - PAP test
  - HPV
- To find an in-network provider, visit [geha.com/Find-Care](https://geha.com/Find-Care)



Slide 24 Health and Wellness

Sasha

Your GEHA membership provides 100% coverage for routine and preventative screening to include both PAP test and HPV test when following recommendations and guidelines. In addition, the HPV vaccine is a covered vaccination with your GEHA membership and is paid at 100% through participating retail pharmacies.

GEHA covers both over-the-counter (with a physician's prescription) and prescription smoking cessation drugs approved by the FDA.

If you or a covered dependent need assistance in locating an in-network provider for these tests, a member of your care team is available to assist you with all of your needs.

As we wrap up the topic of Cervical Cancer, let's recap on the content provided: Most all Cervical Cancers are caused by HPV, a sexually transmitted infection. The goal of PAP test and HPV test is to detect cervical cell changes early to prevent Cervical Cancer.

Not all HPV strands cause cancer. Not all abnormal cell changes lead to cancer.

As always, your GEHA membership covers preventative screening when using an in-network provider or facility.

On the next slide we will move into covering the topic of Colorectal Cancer screening and prevention.

## Schedule your well-woman appointments

- Mammogram\*
- Pap test\*
- HPV\*

\*Covered at 100% with a GEHA in-network provider.

GEHA

And finally, get your screenings! Early detection is crucial for prevention and treatment.

Speak to your doctor about a screening schedule that is right for you.

These tests being so important for early detection and intervention is also why GEHA covers **screening** mammograms and pap tests at 100% with an in-network provider. We want you to schedule your well woman appointments so you can know your risk and get treatment if necessary.

As women, we are daughters, mothers, sisters, aunts, confidants, friends... We are depended on. Take care of your health for your own sake and in order to be there for those close to you.

## American Cancer Society (ACS)



- ACS Get Screened campaign:
  - Initiative to improve pre-pandemic cancer screening routines to prevent later stage cancer diagnosis
  - Nationwide impact on screening related to COVID-19
  - [cancer.org/healthy/find-cancer-early/get-screened.html](https://cancer.org/healthy/find-cancer-early/get-screened.html)
- Additional resources:
  - U.S. Preventive Services Task Force (USPSTF)  
[uspreventiveservicestaskforce.org](https://uspreventiveservicestaskforce.org)
    - A and B level recommendations are covered by GEHA as a part of the preventive benefit

GEHA.

Matt

The “Get Screened” campaign has been launched to combat the disruption in cancer screenings caused by COVID-19 (upwards of 10 million routine screenings that did not happen). We continue to encourage members to get their screenings as soon as they are vaccinated and/or while observing COVID safety precautions. Early detection can save lives so it is pertinent to go back to the doctor as soon as you can to get your cancer screenings completed. GEHA is a partner with the American Cancer Society for this campaign as GEHA supports their members in preventative and cancer screenings. These include mammography, including 3D mammography which is also covered by GEHA, colorectal screenings, cervical cancer screenings, HPV vaccinations, etc.

Additional resources are available to you through the U.S Preventative Task Force, which covers preventative cancer screenings as well as other preventative measures you and your family can take for your health.



## Earn rewards

- HDHP, Standard and High plans:
  - Health Balance digital health platform
    - Rewards for preventive cancer screenings
  - Visit [geha.com/HealthRewards](https://geha.com/HealthRewards) to learn more
- Elevate and Elevate Plus plans:
  - Rewards for preventive cancer screenings
  - Rally digital health platform [geha.com/Engagement-Tools](https://geha.com/Engagement-Tools)
  - Visit [geha.com/Elevate-Rewards](https://geha.com/Elevate-Rewards) to learn more

Slide 27 Health and Wellness



GEHA

Sasha

GEHA provides you financial rewards and incentives to help keep you motivated. All five of GEHA's medical plans offer rewards for healthy activities for up to two members per household (18+). GEHA Health Balance portal is designed to be an interactive and informative tool for our members to promote health and wellness. Upon earning the first reward, members will receive a reloadable Visa card. This card may be used on medically qualified expenses.

HDHP, Standard Option and High Option plan members can earn up to \$250 per person. Access to the Health Balance Digital Health Platform. Elevate and Elevate Plus plan members can earn up to \$500 per person. Access to the Rally digital health platform.

That means that you earn rewards for completing the recommend, Colorectal Cancer Screening and Mammogram Screenings and Cervical Cancer Screenings.

Lastly, visit [geha.com](https://geha.com) for additional benefit information.

## Screening age reminders

**Colorectal Cancer**

- **Ages 45 to 75:**
  - Fecal occult blood test yearly
  - Flexible sigmoidoscopy every five years
  - Colonoscopy every 10 years
  - CT colonography every five years
  - FIT-DNA every three years

**Breast Cancer**

- **Ages 50 to 74:** screen every two years
- **Ages 40 to 49:** option to start screening every two years

**Cervical Cancer**

- **Ages 21 to 29:** screened with cervical cytology alone (PAP test) every three years
- **Ages 30 to 65:** screened with cervical cytology alone (PAP test) every three years:
  - Every five years with high-risk human papillomavirus (hrHPV) testing alone
  - or
  - Every five years with hrHPV testing in combination with cytology (co-testing)

GEHA

### Coletta

We've thrown a lot of information your way today about the importance of preventative cancer screenings. To recap, Colorectal Cancer screenings should be done between the ages of 45-75.

Breast Cancer screenings should be done every 2 years from ages 50-74 with the option to start every 2 years ages 40-49. Individual needs may differ and depend on one's opinion and or risk factors

Cervical Cancer Screening – cervical cytology should begin at age 21, conducted every 3 years through age 29 and

For women ages 30-65 cervical cytology should be done every 3 years and HPV testing should be done every 5 years or in combination with Cervical cytology.

**Wrap-up**

- Colorectal cancer
- Breast cancer
- Cervical cancer
- American Cancer Society
- Earn rewards for getting a preventive cancer screening

GEHA

Coletta

I want to thank Matt and Sasha

Today we went through cancer screening and prevention for colon cancer, breast cancer and cervical cancer. We also included the GEHA-covered benefits as they relate to each Cancer topic along with recommendations from the American Cancer Society and the U.S. Preventive Services Task Force. I want to remind the audience to get regular screenings- early detection can make treatment easier. Regular screenings can help find cancer early- when it's small, has not spread and might be easier to treat. Lastly, I want to remind GEHA members, you can earn rewards for getting a preventive cancer screening.

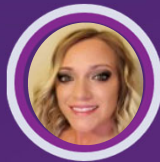
Now it is time for our Q&A section of the webinar.

## Q&A



### **Matt Flory**

Senior Cancer Control Manager | American Cancer Society



### **Sasha Choplin, RN, BSN, OCN**

Nurse Consultant II-Oncology | GEHA

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**GEHA**






Coletta


We had many questions come in and there are a few we believe all participants will benefit from hearing the answer to the questions.

**Thank you**

At GEHA, we exist to empower our members to be healthy and well. For all of us here at GEHA, that is our singular focus. At times like this, when your path toward health and well-being is potentially at risk, that's when it's most important that we do what it takes to be your trusted partner.

For more information  
[geha.com](http://geha.com) | [geha.com/Blog](http://geha.com/Blog)

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This is a brief description of the features of Government Employees Health Association, Inc.'s medical plans. Before making a final decision, please read the GEHA Federal brochures which are available at [geha.com/PlanBrochure](http://geha.com/PlanBrochure). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

**GEHA**

Coletta

Before we end this webinar, I want to bring your attention to the survey resource box on the screen. Please take the time to complete this quick 5 question survey. The results will help us plan and grow our wellness webinars to provide you with the information you are looking for. Lastly, as a reminder, all attendees will receive an email with a link to the recorded webcast along with a copy of the slides. At this time, the webinar has ended, you may log off. Our team will stay online answering questions through the Q&A box until 1pm eastern time. Thank you and have a great day.