

Cancer: Early detection for your protection

- 85+ years, started by Railway Mail Carriers
- 2+ million members worldwide
- Membership in FEHBP and FEDVIP
- Exclusively for federal and postal workers, annuitants and military retirees
- Extensive international network of doctors, dentists, hospitals and other providers

GEHA[®]

Today's presenters



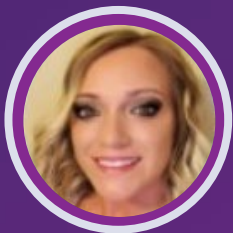
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Agenda

- Cancer facts
- Colorectal cancer
- Prostate cancer
- Breast cancer
- Cervical cancer
- Lung cancer
- Earn rewards for getting a preventive cancer screening
- Q&A



Cancer facts

- 1 in 2 men and 1 in 3 women will be diagnosed with cancer in their lifetime
- Combined cancer death rates have fallen **33%** since 1991
- Screenings for breast, cervical, lung, prostate and colorectal cancer can catch cancer early, when it is easier to treat
- Some screenings can catch problems before they start, effectively preventing cancer

Source: [American Cancer Society](#)

Cancer survival rates (all time)

- Prostate cancer: 3,523,230
- Breast cancer: 4,055,770
- Colorectal cancer: 726,450 males, 710,670 females
- Cervical cancer: 300,240
- All cancers: 8,321,200 for males, 9,738,900 for females

Source: [American Cancer Society](#)

Preventive factors

- Maintain healthy weight
- Healthy diet
- Regular exercise and movement
- Get adequate sleep
- Eliminate or limit alcohol
- Stop smoking
- Get your recommended physicals and screenings



Colorectal health



Colorectal cancer: Trends

- Colorectal cancer is the third most common cancer diagnosed in both men and women in the U.S. (not including skin cancers)
- **American Cancer Society (ACS) estimates for 2023:**
 - 106,9710 new cases of colon cancer
 - 46,050 new cases of rectal cancer
- Colorectal cancer is the second leading cause of death when men and women are combined

Source: [American Cancer Society](#)

Stages of colon cancer



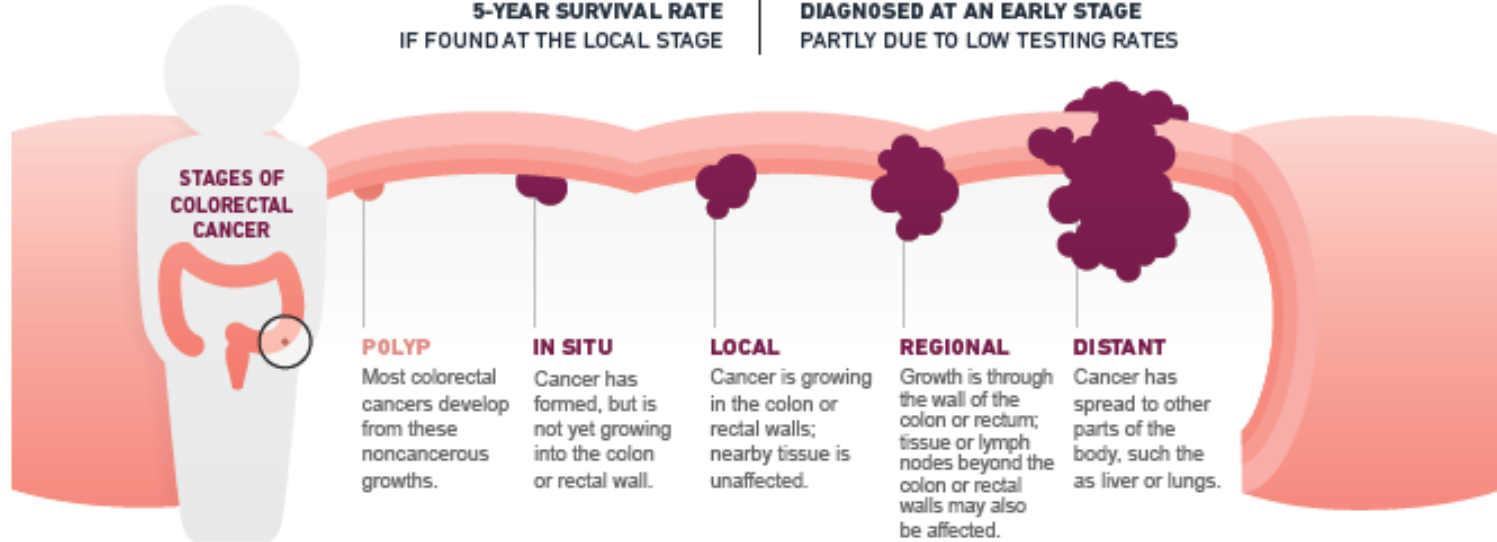
91%

5-YEAR SURVIVAL RATE
IF FOUND AT THE LOCAL STAGE



38%

DIAGNOSED AT AN EARLY STAGE
PARTLY DUE TO LOW TESTING RATES





Colorectal cancer: Screening and detection

U.S. Preventive Services Task Force (USPSTF) screening recommendations:

- Members **45 to 75 years of age:**
 - Colonoscopy every 10 years
 - Fecal occult blood test yearly
OR FIT-DNA every 3 years
 - Flexible sigmoidoscopy every 5 years
 - CT colonography every 5 years

Source: [American Cancer Society](#)



Colorectal cancer: GEHA benefits

Services covered at **100%** with an in-network provider (following recommendations):

- Colonoscopies every 10 years
- Sigmoidoscopies every 5 years
- FIT-DNA every 3 years
- FOBT (fecal occult blood test) annually

GEHA offers a colorectal cancer screening program for members who meet USPSTF criteria.

Prostate health



Prostate cancer: Trends

- About 1 in 8 men will be diagnosed with prostate cancer during his lifetime.
- **ACS estimates for 2023:**
 - 8,300 new cases of prostate cancer
 - About 34,700 deaths from prostate cancer

Source: <https://www.cancer.org/prostatecancer>



Preventing prostate cancer

To lower their risk of prostate cancer men can:

- Maintain a healthy weight
- Exercise regularly
- Avoid alcohol
- Avoid smoking
- Get an annual physical
- Get screened
 - DRE, PSA test

Source: [American Cancer Society](#)

Lung health

Lung cancer: Annual trends

- About 238,340 new cases of lung cancer (117,550 in men and 120,790 in women)
- About 127,070 deaths from lung cancer (67,160 in men and 59,910 in women)
- Overall, the chance that a man will develop lung cancer in his lifetime is about 1 in 16. For a woman, the risk is about 1 in 17.
- Despite the very serious prognosis (outlook) of lung cancer, some people with early-stage cancers can be cured



Lung cancer prevention

- Screening for lung cancer uses a test that helps find abnormal areas in the lungs that may be cancer
- Research shows that screening certain people at higher risk may help decrease their risk of dying from lung cancer



Lung cancer screenings

Lung cancer screening is recommended for people:

- 50 to 80 years old
- In fairly good health
- Who currently smoke or have quit in the last 15 years
- With a 20-year pack history or more



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.



Breast cancer: Trends

Breast cancer is the second leading cause of death from cancer in women.

ACS estimates that in 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: [American Cancer Society](#)



Breast cancer prevention

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

- Maintain a healthy weight
- Exercise regularly and move more through physical activity
- Avoid alcohol
- Avoid smoking
- Get an annual physical
- Get screened



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.

USPSTF Screening recommendations:

- Ages 50–74: screen every two years
- Ages 40–49: option to start screening every two years
- Self-exam monthly

Source: [U.S. Preventative Services Task Force](#)



Breast cancer: Importance of screening

Mammograms can help find breast cancer early and before it spreads to other parts of the body. The prognosis of survival is greater when breast cancer is found and treated early.

Benefits of three-dimensional (3D) mammograms:

- Lowers the chance of being called back for follow-up testing
- Finds more breast cancers
- Helps women with denser breast tissue

Additional testing:

- Breast ultrasound
- Breast MRI



Breast cancer: GEHA benefits

Mammograms are covered at 100% from an in-network provider

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

Cervical health



Cervical cancer: Trends

The ACS estimates that in the United States during 2023:

- About 13,960 new cases of invasive cervical cancer will be diagnosed
- About 4,310 women will die from cervical cancer





Preventing cervical cancer

Women can lower their risk of cervical cancer by:

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

Source: [American Cancer Society](#)

Polling question

Are you due to have your screening done soon?

- a) Yes
- b) No
- c) Not sure
- d) N/A or prefer not to say





Cervical cancer: Screening and detection

USPSTF recommendations:

- Women **21 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)

Cervical cancer: GEHA benefits

- Covered at **100%** with a GEHA in-network provider (following recommendations):
 - PAP test
 - HPV test
- To find an in-network provider, visit geha.com/Find-Care

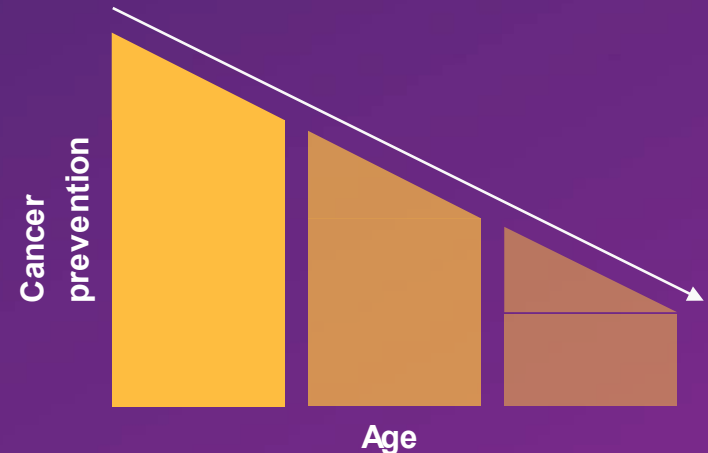


Don't wait to vaccinate

- Did you know the ACS recommends that boys and girls get vaccinated against HPV between the ages of 9 and 12 to help prevent six types of cancer later in life?
- Age matters – Vaccination at the recommended ages will prevent more cancers than vaccination at older ages

Source: [U.S. Preventative Services Task Force](#)

Cancer prevention from vaccination decreases as age increases



Schedule your well-woman appointments

- Mammogram*
- Pap test*
- HPV*



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

Screening age reminders

Colorectal and prostate

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

Prostate cancer:

- Starting at age 50, all men should talk to their doctor about getting a prostate exam
- If you have a family history, screening between ages 40–54 could be recommended
- PSA (prostate-specific antigen) blood test

Screening age reminders

Breast and cervical

Cervical cancer

- **Ages 21 to 29:** screened with cervical cytology alone (PAP test) every 3 years
- **Ages 30 to 65:** screened with cervical cytology alone (PAP test) every 3 years:
- **Every 5 years:**
 - With high-risk human papillomavirus (hrHPV) testing alone **or**
 - With hrHPV testing in combination with cytology (co-testing)

Breast cancer

- **Ages 50 to 74:** screen every 2 years
- **Ages 40 to 49:** option to start screening every 2 years



Earn rewards

- HDHP¹, Standard and High plans:
Health Balance digital health platform
You may earn rewards for some preventive cancer screenings
Visit geha.com/HealthRewards to learn more
- Elevate and Elevate Plus plans:
You may earn rewards for some preventive cancer screenings
Rally[®] digital health platform geha.com/Engagement-Tools
Visit geha.com/Elevate-Rewards to learn more

¹For HDHP members, annual deductible must be met to use Health Rewards for medical expenses. Health Rewards may be used for dental and vision services prior to meeting the deductible.

GEHA member resources

- **Elevate plans**
 - Rally digital health platform
 - Register with Rally for the Real Appeal Weight Management
 - Learn more at geha.com/Elevate-Rewards
- **HDHP, Standard and High plans**
 - Health Balance digital health platform
 - Visit geha.com/HB-Rewards to learn more
- **All GEHA benefit plans**
 - For healthy recipes, health and wellness articles, visit geha.com/Blog
- GEHA website for benefit information geha.com

Wrap-up

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- Breast cancer
- Cervical cancer
- Prostate cancer
- American Cancer Society resources
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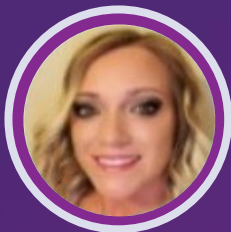


Q&A



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