



Don't give cancer a chance.

Cancer comes in all shapes and sizes. It attacks people of all ages. But there are things you can do to protect your health. The best ways to stop cancer in its tracks are to get your cancer screenings on time and take steps each day to stay healthy.

Finding it early is key

Did you know that your chances of surviving the most common types of cancer are 80-100% if you catch them early enough? Cancer progresses in stages. It starts in one organ or place in the body. This is called "local." Then it spreads to nearby lymph nodes, tissues and other organs. This is called "regional." Finally, it spreads even further in the body and this is called "distant."¹

Catching cancer at the "local" stage can make all the difference in your survival rate. That's why it's important to see your doctor for preventive health screenings at the right times.¹

Preventive health screenings are part of your benefits

members are covered for many types of cancer screenings. These benefits include checkups and full gynecological exams. Your doctor can tell you how often to set up these types of visits. The following cancer screenings are suggested at these ages:

- Mammography – women aged 40 and older
- Cancer of the cervix screening – women aged 18 and older
- Colorectal cancer screening – men and women aged 50 and older
- Prostate-specific antigen (PSA) test and prostate exam – men aged 40 and older

For a full list of which screenings, vaccines and health counseling you should have at different times in your life, visit anthem.com/ca. (These preventive health care guidelines also include information for pregnant women.)

Everyday protection is crucial.

Screenings are one way to protect your health but you also can take steps today (and every day) to fight off cancer.

Use sunscreen

You can protect yourself from the most common type of cancer in the U.S. – skin cancer – by simply wearing sunscreen each day. Some sun is good for your body, but too much exposure to ultraviolet rays leads to skin cancer. When you choose a sunscreen, look for one with a sun protection factor (SPF) of at least 15.²

Also, check your skin on a regular basis. Look for any changes in the color of your skin or moles. To learn more about taking care of your skin, visit anthem.com/ca.

Stop smoking

Smoking is linked to at least 10 cancers. These include lung, mouth, throat, larynx, pancreas and urinary bladder cancer. Lung cancer is the number one cause of cancer death for both men and women. That's reason enough to quit. But did you know that some health benefits of quitting are immediate? Even if you already have a smoking-related illness, you'll see health benefits from quitting.³

That said – we know quitting isn't easy. Most people want to quit and millions try every year. For tips to help you or a loved one kick the habit for good, visit anthem.com/ca.

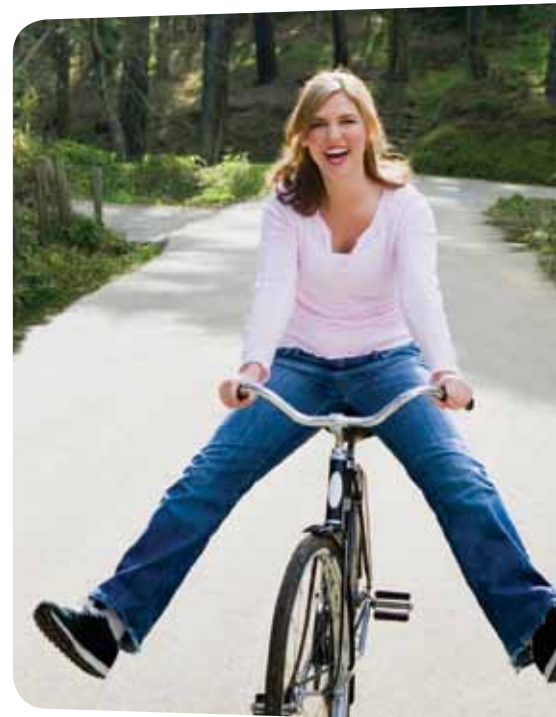
Eat healthy and move more

Yes, you hear it over and over. But the truth is that eating healthy foods and getting regular exercise are two of the most important things you can do for your lifelong health. In fact, studies show that being overweight (having a body mass index of 25 to 29) or obese (body mass index of 30 or more), really increases your chances of getting certain cancers. These include uterine, breast, prostate and colorectal cancers.⁴

We offer many programs and other resources to help you manage your weight by eating well and moving more. Check them out at anthem.com/ca.

Give us a call any time to learn more

We are happy to answer your questions about keeping yourself healthy. Call the customer service phone number on the back of your member ID card.



It's your body and your health.

See your doctor and use the resources on anthem.com/ca to stack the odds in your favor.



1 U.S. National Institutes of Health website: *National Cancer Society – Surveillance Epidemiology and End Results* (accessed December 2011); seer.cancer.gov.

2 Centers for Disease Control and Prevention website: *Cancer Prevention and Control* (accessed December 2011); cdc.gov.

3 Centers for Disease Control and Prevention website: *Smoking & Tobacco Use – Data and Statistics* (accessed December 2011); cdc.gov.

4 Centers for Disease Control and Prevention website: *Cancer Prevention and Control* (accessed December 2011); cdc.gov.