

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.

- Women ages 40 to 44 have the choice to start annual breast cancer screening with mammograms.
- Women age 45 to 54 should get mammograms every year.
- Women age 55 and older should switch to mammograms every two years, or choose to continue yearly screening.
- Women age 21 to 29 should have a Pap test every three years.
- Women age 30 to 65 should have a Pap test and an HPV test every five years.

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**

**LOCKE LORD
Wellness**

Source: American Cancer Society

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