



Start Your Road to Good Health

MAKE WELLNESS A PRIORITY IN YOUR LIFE



Get Screened for Cervical Cancer

WHAT YOU NEED TO KNOW ABOUT GETTING YOUR PAP TEST

A message from CalViva Health and the American Cancer Society.



What Is a Pap Test?

A Pap test can detect signs of cancer at an early stage. During this test, your doctor will check your cervix (lower part of your uterus, or womb) for abnormal cells.

Need a reason to get your Pap test?

HERE ARE THREE GOOD ONES!

1

For your health!

A Pap test can help find cervical cancer, before you start to feel sick.

It is very important to get screened:

- even if you do not have signs or symptoms,
- even if you live a healthy lifestyle, and
- even if cancer does not run in your family.

2

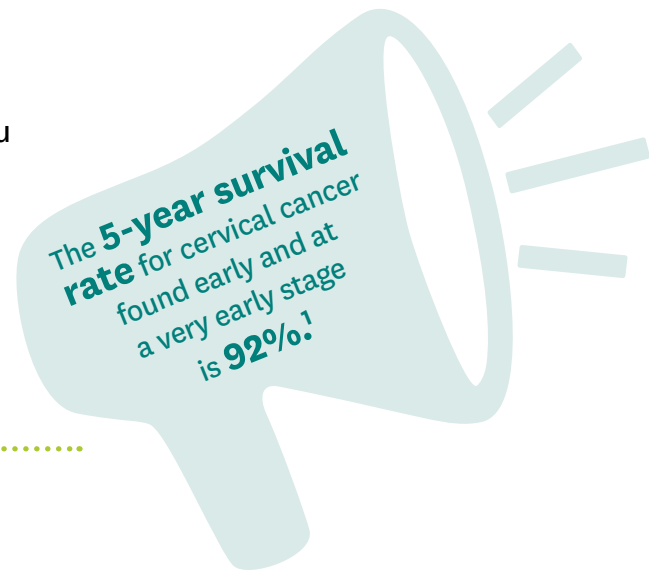
For your peace of mind!

- Finding cancer early can be a good thing.
- Your chance of survival is higher if found at an early stage, when it is small and easier to treat.

3

For your family!

- If you find cancer early and start treatment, you can get healthy sooner.
- Do not wait until you feel sick.



When Do You Need a Pap Test?

Talk to your doctor about how often you need to have your Pap test done. Here are the guidelines for most people:

21–29

Get a Pap test **every 3 years.**

30–65

Get a Pap test and an HPV² test **every 5 years.**

! Anytime you feel a change or something concerns you about your cervix, talk with your doctor.

What to Expect During Your Pap Test.

The first step is to schedule a visit to your doctor's office. Here are some things to keep in mind.

- During your Pap test, you will only be undressed from the waist down for 10-15 minutes.
- Your doctor wants you to feel comfortable. You can stop the screening at any time.
- Your Pap test is a covered service.



Schedule your Pap test today.

Call the phone number on the back of your CalViva Health member ID card for help to schedule your screening.

²Human Papillomavirus (HPV) test is a screening that detects the presence of HPV, the virus that causes cervical cancer.



What's Next?

If you are unsure if you're due for a Pap test, talk to your doctor today. He or she can help you decide when to get your Pap test, and how often to get the test; it can differ by your age and family history.

If you know you are due for your Pap test, schedule it today! If you need help setting up a doctor visit, call the phone number on the back of your CalViva Health member ID card.



This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.

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Follow these easy steps to schedule and remember your screen visit!

I will call my doctor at (_____) _____ - _____ to schedule my Pap test.

My appointment date/time is: _____

Put this reminder in a place where you will see it every day.