



February 2025

Benefits News



Preventive Cancer Screening Guidelines



This document is part of the PEBB February Newsletter, Navigating Cancer Screening and Care. To access other resources, visit the [News and Events page](#).

Cancer screening recommendations vary. They depend on the type of cancer, your age, and family history. Your gender can also be a factor.

See general cancer screening guidelines on the [next page](#). Work with your doctor to get the screenings that are right for you.

Here are the [American Cancer Society's general recommendations](#) to help guide the discussion with your doctor about preventive cancer screenings. Remember to bring up any family history or other risk factors. This may affect when you should start getting certain screenings and the recommended frequency.

Women	Men
<p>Cervical Cancer:</p> <ul style="list-style-type: none"> • Annual screenings can start at age 25. • The tests for cervical cancer screenings are the HPV test and the Pap test. These tests can be done alone or at the same time. They are done during a pelvic exam. <p>Breast Cancer:</p> <ul style="list-style-type: none"> • Annual screenings can start at age 40. • Breast cancer screenings are done through a mammogram. A mammogram is a low-dose X-ray that allows a doctor to look for changes in breast tissue. 	<p>Prostate Cancer:</p> <ul style="list-style-type: none"> • Annual screenings can start at age 45. • Prostate cancer screenings are the prostate-specific antigen (PSA) blood test and the digital rectal exam (DRE).

Everyone		
<p>Colon Cancer:</p> <ul style="list-style-type: none"> • Annual screenings can start at age 45. • A colonoscopy is the most common way to screen for colon cancer. It can also help prevent cancer by removing polyps before they turn into cancer. 	<p>Lung Cancer:</p> <ul style="list-style-type: none"> • Annual screenings should take place between ages 50 and 80 for those who smoke or used to smoke. • The screening for lung cancer is a low-dose imaging scan (X-ray). 	<p>Skin Cancer:</p> <ul style="list-style-type: none"> • Annual screenings can start in your 20s or 30s. • The screening for skin cancer is a physical exam by a primary care physician or dermatologist. Be sure to monitor your skin and schedule an appointment if anything changes.

Most preventive cancer screenings are covered by PEBB's medical plans at 100% when you use an in-network provider. However, there may be a cost for certain screenings, like a skin cancer screening. Also, there may be costs for other services and procedures, like biopsies.

For more details on cancer screening coverage through each provider, refer to the plan summaries below:



Providence Health



Moda Health



Kaiser Permanente

Did You Know?

U.S. Cancer Screening Statistics

75.7%

of women ages 50+ are up-to-date on breast cancer screenings.*

75.2%

of women ages 21-65 are up-to-date on cervical cancer screenings.*

46%

of men ages 65+ are up-to-date on prostate cancer screenings.**



Sources:

*"Up-to-Date Breast, Cervical, and Colorectal Cancer Screening Test Use in the United States, 2021." Centers for Disease Control and Prevention, Oct. 26, 2023. https://www.cdc.gov/pcd/issues/2023/23_0071.htm

**"Prostate cancer - Statistics & Facts." Statista, June 13, 2024. <https://www.statista.com/topics/4379/prostate-cancer-in-the-us/#topicOverview>