



Screening tests can lower your cancer risk

When should men get screened for the most common kinds of cancer?

- ▶ Colorectal: If you are 50 to 75 years old or have a family history of colon cancer, have a screening done.
- ▶ Lung: If you are 55 to 80 years old and are a heavy smoker or you quit within the last 15 years, you may qualify for annual screening.
- ▶ Prostate: Talk to your doctor about symptoms.
- ▶ Skin: Report changes in moles and skin spots to your healthcare provider.

Men's health JUNE

For additional support, Moda Health offers a free one-on-one health coaching program called X.

To talk with a health coach, call 877-277-7281 or email careprograms@modahealth.com. (TTY users, please dial 711.)

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