



JANUARY IS
CERVICAL HEALTH
AWARENESS MONTH

What is Cervical Health Awareness Month?

Cervical Health Awareness Month is a time dedicated to raising awareness of the causes of cervical cancer and how to prevent it. Each year, approximately 14,000 women in the United States are diagnosed with cervical cancer. The encouraging news is that cervical cancer is among the most preventable types of cancer. Regular screenings, beginning at age 21, are one of the best ways to lower your risk.

Screening Options & Recommendations:

- **Getting a Pap Test.** You should begin getting Pap tests when you're 21 years old. A Pap test checks for abnormal cells in the cervix that could lead to cancer. When abnormal cells or cervical cancer is found early, it is highly treatable.
- **Getting a Human Papillomavirus (HPV) Test.** This test looks for the HPV virus, the main risk factor for cervical cancer. HPV is a common virus that most people get at some time in their lives. If you test positive for the HPV type that is linked to cervical cancer, your doctor will provide follow-up recommendations.
- **Getting a Pap Test and HPV Test.** Some HPV tests are done with a Pap test, called co-testing. The U.S. Centers for Disease Control and Prevention provides detailed information about what to expect during your [cervical cancer screening](#).

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- ☑ **Where should I start?** Schedule an appointment with your doctor and discuss which test may be best for you. All of these tests are designed to detect cancer, so treatment can start sooner. If you're 65 or older, ask your doctor which screenings you need based on your health history.



The [HPV vaccine](#) is an important part of preventing cervical cancer, along with regular screening and early detection. It protects against the types of HPV that most often lead to cervical cancer, and can also help prevent [other cancers](#) in both men and women. To learn more about HPV vaccination guidelines, please visit the [U.S. Centers for Disease Control and Prevention](#) website.

Peace of Mind Starts with Preventive Care

As a State of Maine Health Plan member, many recommended preventive services—including HPV and cervical cancer screenings—are covered at no cost when performed by an in-network provider. For details, refer to the [Anthem Preventive Care flier](#).



Immunizations are also covered at 100% when given by an in-network provider. If you aren't sure which [recommended vaccinations](#) you are eligible for, it is highly encouraged that you talk with your doctor or pharmacist to learn more.