



How to Fulfill the “My Cancer Screening” My Health Option



Prioritizing preventive care is key to maintaining your health and helping to prevent illness and disease. Your annual preventive exam with your doctor—covered at 100% under the Anthem medical plan—typically includes a review of your medical history, as well as basic measurements such as weight, blood pressure, heart rate, etc. Additional lab work, immunizations, and screenings for cancer and other conditions may be recommended based on your age and gender. **Please note:** Additional services may not be covered at 100% and may result in out-of-pocket costs.

Completing recommended cancer screenings is an important preventive care step. Early detection can significantly improve outcomes and support better long-term health. Through the State of Maine 2027 Health Premium Credit Program, you may now receive credit for completing a recommended cancer screening.

To fulfill the **My Cancer Screening** requirement for the **2027 Health Premium Credit Program**, complete the [two steps](#) below:

[Step 1. Complete an Approved Cancer Screening](#)

Complete **at least one** of the qualifying cancer screenings listed below. **Screenings must be completed between May 1, 2026, and June 17, 2027.**

Colorectal Cancer Screening

- Colonoscopy
- Flexible Sigmoidoscopy
- CT colonography (virtual colonoscopy)
- Stool tests, including: **FIT tests** (fecal immunochemical test), **gFOBT tests** (guaiac-based occult blood test), **FIT-DNA tests** (stool DNA test)

Cervical Cancer Screening

- HPV test
- Pap test (also called a Pap smear or cervical cytology)
- HPV/Pap co-test (an HPV test and Pap test together)

Lung Cancer Screening

- Low-dose CT Scan (LDCT)

Breast Cancer Screening

- Mammogram
- Breast MRI
- Breast ultrasound
- Clinical breast exam (performed by a healthcare provider)

Skin Cancer Screening

- Visual skin examination (performed by a healthcare provider)
- Dermoscopy
- Total body photography
- Confocal microscopy

[Step 2. Enter Your Screening in WellStarME](#)

After completing your screening, you must:

- Log in to your **WellStarME account**
- **Self-enter your screening appointment details** (date, facility name, screening type)
- Your requirement is **not complete** until your screening information is self-entered in WellStarME.

Important Reminders:

Speak to your healthcare provider to determine which screening is appropriate for you.
Follow recommended cancer screening guidelines based on your age, gender, risk factors, and medical history.