



ChallengeME

MONTHLY MINUTE

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Monthly topic: **Cancer Awareness**



PREVENTIVE SCREENINGS

Many of the recommended preventive services provided are covered by the State of Maine Health Plan and are at no cost to you when the services are performed by an in-network provider unless stated otherwise.

Mammograms: Screening and diagnostic mammograms are covered at 100% with no deductible at both the in-network and out-of-network benefit level.

Colorectal Cancer Screenings: The coverage for routine and medically necessary screenings is 100% no deductible.

Routine Digital Rectal Exam/Prostate-Specific Antigen Test: One exam per calendar year is covered at 100% no deductible. There is no coverage for these exams if you go outside of the Anthem network.

Lung Cancer Screening: Lung cancer screenings are provided for eligible members at no cost. To learn more about the eligibility requirements, visit the U.S. Preventive Services Task Force website.

TYPES OF CANCER

Sarcoma – A type of malignant tumor of the bone or soft tissue (fat, muscle, blood vessels, nerves, and other connective tissues that support and surround organs).

Lymphoma and Myeloma – Lymphoma and Myeloma are cancers that begin in the cells of the immune system. Lymphoma is a cancer of the lymphatic system, which runs all through the body, and can therefore occur anywhere.

Myeloma (or multiple myeloma) - starts in the plasma cells, a type of white blood cell that produces antibodies to help fight infection. This cancer can affect the cell's ability to produce antibodies effectively

Leukemia – Leukemia is a cancer of the white blood cells and bone marrow, the tissue that forms blood cells. Brain and spinal cord cancers –are known as central nervous system cancers. Some are benign, while others can grow and spread.

Dana-Farber Direct Connect provides dedicated oncology care coordination at Dana-Farber Cancer Institute for employees, dependents, and retirees of the State of Maine.

Dana-Farber Direct Connect will:

- Help you navigate the process of establishing and continuing care at Dana-Farber
- Identify the right specialist group based on your type of cancer
- Connect you with the care coordination team to explore or arrange an appointment for you or your loved one based on your individual needs
- Connect you with the appropriate resources throughout your experience at Dana-Farber

Why Dana-Farber Cancer Institute?

Based in Boston and a principal teaching hospital of Harvard Medical School, Dana-Farber trains and recruits some of the world's best and brightest physicians and researchers in every cancer specialty – including the most complex and rare. Dana-Farber partners with two of the world's leading hospitals – Brigham and Women's Hospital and Boston Children's Hospital – to provide you with complete and integrated care.



Be sure to visit the ChallengeME website:

- Sign up for Health Coaching:
Call: TTY: 800.697.0353
Online: guidanceresources.com
- Listen to the ChallengeME Podcasts
- Dana-Farber Direct Connect
phone number: 866-977-3262
email: DirectConnect@dfci.harvard.edu

For more Wellness Information:

- <http://maine.gov/mdot/challengeme>

ChallengeME
MaineDOT Healthy Workforce

Coming up November: Mental Health Awareness

Comments, questions, ideas, or submissions?
Please email Janice.Arsenault@maine.gov