

DON'T CROSS YOUR FINGERS — BE PROACTIVE.

EVERY YEAR IN THE U.S., 31,500 PEOPLE GET
A CANCER CAUSED BY HPV.

HPV VACCINATION IS RECOMMENDED
AT AGE 11 OR 12.

ALL WOMEN AGES 25+
NEED REGULAR PAP SMEARS
UNTIL AGE 70.

85% OF BREAST CANCERS
OCCUR IN WOMEN WITH
NO FAMILY HISTORY.

BEING PHYSICALLY ACTIVE FOR
AT LEAST 30 MINUTES A DAY
MAY HELP PREVENT CANCER.

USE A BROAD-SPECTRUM SUNSCREEN WITH
AN SPF OF AT LEAST 30 ALL YEAR.

Check out the Live Healthy section of www.BlueChoiceSC.com.

