

# When It Comes to Cancer, Knowledge Is a Powerful Tool



## Did you know?

The best way to prevent cancer or to stop it from growing is to get tested. Cancer screenings can find cancer early when it may be easier to treat. The earlier the better.

CalOptima Health aims to prevent, detect and treat cancer with excellence and dignity. We are here to help you at every step of your health journey.

Below are recommended screenings for the most common cancers by the U.S. Preventive Services Taskforce. Ask your doctor what test is best for you.



### Breast Cancer Screening for women

Age to start  
screening:  
40–74



### Colorectal Cancer Screening

Age to start  
screening:  
45–75



### Cervical Cancer Screening for adults with a cervix

Age to start  
screening:  
21–65



### Lung Cancer Screening for people who use tobacco or have a history of tobacco use

Age to start  
screening:  
50–80

If you have questions, call CalOptima Health Customer Service at the toll-free numbers below.  
We have staff who speak your language.

**Medi-Cal**  
**1-888-587-8088 (TTY 711)**  
Monday–Friday, 8 a.m. to 5:30 p.m.

**OneCare (HMO D-SNP)**  
**1-877-412-2734 (TTY 711)**  
24 hours a day, 7 days a week

Please visit us at [caloptima.org/CancerScreening](https://caloptima.org/CancerScreening) for more information.

CalOptima Health, A Public Agency. OneCare (HMO D-SNP), a Medicare Medi-Cal Plan, is a Medicare Advantage organization with a Medicare contract. Enrollment in OneCare depends on contract renewal. OneCare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Stock photos. Posed by models.

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