

# Learn about your Health Insurance Options

Beginning October 1, 2013, you can go to the “Washington Healthplanfinder” website and sign up for:

- 1) **Washington Apple Health**, a plan for adults 18 - 64 with an income up to \$15,414 (a family of 4 = \$32,499) or 138% of the Federal Poverty Level (FPL). Eligibility is based on income and citizenship status.

**OR**

- 2) **A private insurance plan that meets your budget and healthcare needs.** Subsidies will be available to help pay for insurance for people making 139% - 400% of FPL. The amount of the subsidy will be based on income.

To learn about the different insurance plans and what works for you, go to:

**[www.wahealthplanfinder.org](http://www.wahealthplanfinder.org)** or call **1-855-WAFINDER (855-923-4633)**

People who do not qualify for Apple Health or do not have private insurance may be eligible to enroll in the **Breast, Cervical, and Colon Health Program (BCCHP)**. This program is for people ages 40 - 64 earning up to 250% of FPL. For more information about what BCCHP can provide:

- call 1-800-756-5437 or
- go to: [www.kingcounty.gov/health/cancer](http://www.kingcounty.gov/health/cancer)

## **For general information on cancer:**

- Centers for Disease Control  
[www.cdc.gov/cancer](http://www.cdc.gov/cancer)
- Cancer Information Service  
1-800-4-cancer, or [www.cis.nci.nih.gov](http://www.cis.nci.nih.gov)





## **Breast, Cervical & Colon Health Program**

Saving Lives Through Early Detection

**Your body.  
Your life.  
Protect  
both.**

Know your  
cancer  
screening  
options.

As you age, the risk of cancer increases. Cancer screenings can find problems early when they may be more treatable. Ask your doctor about screenings for breast, cervical and colorectal cancer.



# Join the tens-of-thousands of people in Washington State who have already been screened for cancer.

*"I am very proud of the Washington Breast, Cervical and Colon Health Program for making screening a priority. I'm so glad that they are not leaving those people out who are not insured or don't have the money to get this screening done. We would have fewer deaths if all people were aware of the wonderful cancer screenings available to them through these programs."*

Marcia Schnaubelt  
Sequim, WA

Marcia has received breast, cervical and colon screening services through a program funded by the State Department of Health.



**Don't let money  
stand in your way.  
You could qualify  
for free screenings.**



You may be eligible for a health exam and cancer screening at no cost if you:

- are age 40 -64
- have limited income
- have limited or no insurance

For a referral to a clinic near you or for more information, call (toll free) Community Health Access Program (CHAP):

**1-800-756-5437**

Call today and find out if you are eligible for these high quality screening programs:

- **Breast and Cervical Health Screening**  
for women ages 40 -64
- **Colon Health Screening**  
for men and women ages 50 -64



# Screening Guidelines and Prevention

## Breast Cancer

### Mammogram:

- At age 40, talk to your healthcare provider about when you should start having mammograms.
- At ages 50 - 74, consider a mammogram every 2 years.
- Your doctor may do a Clinical Breast Exam (CBE). This means examining your breast by feeling for lumps or changes in the breast.

Talk to your doctor about whether screening is right for you and how often to screen. Women may choose to screen more often because of family history, other risk factors, or personal preference. Tell your provider if you have a family history of breast or ovarian cancer.

## Cervical Cancer

### HPV vaccine:

Human papillomavirus (HPV) is the main cause of cervical cancer. The HPV vaccine is recommended for females and males age 9 - 26 to prevent HPV infection and cervical cancer. If you have a daughter or son that age, ask your health care provider about the HPV vaccine.



## Pap Test:

- At age 21 start Pap test screening every 3 years
- At age 30, get a Pap test with HPV test every 5 years or continue Pap every 3 years.
- After age 65, talk to your provider about whether you need to continue to have cervical cancer screenings.
- If you had your cervix removed (through a hysterectomy), you no longer need a Pap test UNLESS the surgery was done as a treatment for cervical cancer or pre-cancer.

## Colon Cancer:

Colon screening can detect growths early before they become cancer. You may never feel symptoms – only screening can detect it.

### Starting at age 50:

- Fecal Occult Blood Test (FOBT) or Fecal Immunochemical Test (FIT). Do this test every year. These tests look at small stool samples that you put on a special card and send to your provider or a lab.

OR

- Flexible Sigmoidoscopy. Do this test every 5 years. This test looks at the lower part of your large intestine (colon) using a scope.

OR

- Colonoscopy. Do this test every 10 years. This test looks at all of your large intestine using a long scope.

A scope is a flexible tube with an instrument that looks at the inside of a colon.

Start regular colon cancer screening at age 50. People who have a family history of colon cancer may need to start screening before age 50. Talk to your provider about which test is right for you, and when to start.