



Early detection saves lives

Get Screened

It’s easy to think you’re invincible. There’s no way cancer can happen to you, right? Unfortunately, it can. Keeping up with your routine cancer screenings can save your life.

5 Reasons to get Screened

1. **Early-stage cancer usually has no symptoms.** It’s not always a lump that you can see or feel and is often diagnosed when you’re feeling fine.

2. **Many kinds of cancer can be treated successfully if caught early.** Early-stage cancer is more likely to be localized, which gives you more treatment options and a better chance of recovery.

3. **You can prevent cancer.** Screenings can help your provider catch precancerous changes and stop cancer *before it develops*.

4. **Get peace of mind.** Routine screenings give you comfort knowing that you’re healthy and taking control of your health.

5. **Your TRS-ActiveCare plan covers 100% of your preventive care.** That’s right! An annual wellness exam with Pap test for women 18 and older, routine mammograms for women 35 and over and colonoscopies beginning at age 45 are ***NO COST to you.***

Don’t wait to get screened

Don’t delay your annual wellness and well-woman exams because *“it’s probably nothing,” “I don’t have time”* or *“going to the doctor is too expensive.”*

You can even get rewarded for getting cancer screenings like a mammogram or visit with your PCP, OBGYN or specialist with Member Rewards.

Claim Your Reward

Not sure how to get your recommended cancer screenings?

These short [how-to videos](#) can help guide you step-by-step on how to get a colonoscopy or mammogram.

A Personal Health Guide can also help you find a provider or schedule an appointment. Chat in the BCBSTX App or call [1-866-355-5999](tel:1-866-355-5999), 24/7.

Breast Cancer Awareness Wellness Webinar

Dive deeper into wellness with webinars created just for you!

Wednesday, October 15

8 - 8:45 a.m.

5 - 5:45 p.m.

This presentation covers:

- breast cancer in women and men
- common risk factors
- guidelines and screening options
- how to reduce your risk

Register today!

8 a.m. Webinar

5 p.m. Webinar

www.bcbstx.com/trsactivecare

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