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Should you be concerned?

Get Screened



Younger people are getting cancer at higher rates.

It's easy to think you're young and invincible. There's no way cancer can happen to you, right? Unfortunately, it can. Breast, ovarian, colon and skin cancers are becoming more common in young women.

Things to look out for:

Early signs of cancer can be the same as other common illnesses. While it's very likely that these symptoms indicate something other than cancer, it's important to know the early signs, like:

- abnormal swelling or lump near the neck, breast or belly
- unexplained fatigue or illness that won't go away
- bruising easily
- bleeding
- persistent pain
- headaches that can cause vomiting
- sudden changes in vision or appetite
- moles that are new, or have changed in size, shape or color



Talk to your Primary Care Provider if you have any of these symptoms, **especially if they worsen over time.**

Don't wait to get screened

In many cases, cancers are diagnosed later in younger adults. Many kinds of cancer can be treated successfully if caught early. 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."*

Your TRS-ActiveCare plan covers 100% of your preventive care. This includes annual wellness exams with Pap test for women 18 and older and routine mammograms for women 35 and over.

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

Claim your Reward



Questions? If you need help finding a provider or scheduling an appointment, talk to a Personal Health Guide. Chat in the BCBSTX App or call [1-866-355-5999](tel:1-866-355-5999), 24/7.