



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. Testicular, prostate, colon and skin cancers are becoming more common in young men.

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, chest, belly or testicles
- 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 exam 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, which includes annual wellness exams with your PCP.

You can even get rewarded for visiting your PCP with Member Rewards

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.