



Should you be concerned?

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.**

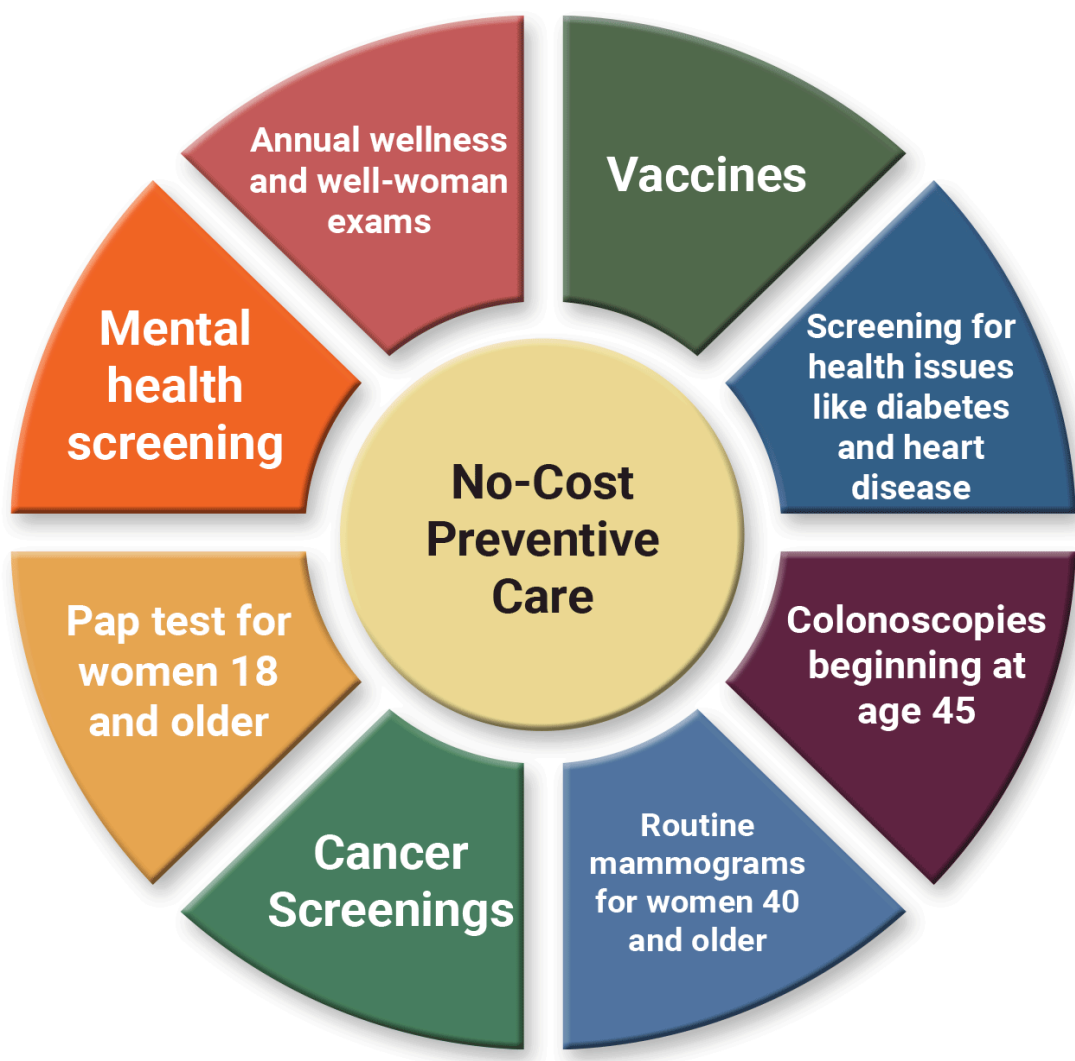
Don't Wait to Get Screened

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.



What's included in your no-cost preventive care?



You can even get **CASH rewards** 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).

Prevention Starts with Healthy Habits



Screenings are important, but so is staying active. [Join the Fitness Program in October](#) with **no enrollment fee**¹ and find a fitness location that fits your lifestyle.

Breast Cancer Awareness Webinar

Get wellness tips and expert advice from your Wellness Coordinator with webinars created just for you!

Monday, Oct. 19	Wednesday, Oct. 21
Noon – 12:45 p.m.	Noon – 12:45 p.m.

This presentation covers:

- types of breast cancer
- risk factors and symptoms
- screenings
- preventing breast cancer

[Register today!](#)

www.bcbstx.com/trsactivecare



1. New members must enter the coupon code, OCT26FP, to qualify for free enrollment until October 31. Members who do not use this coupon code will be charged the standard fee. After October 31, the regular enrollment fee will apply to all new memberships. Members, and their covered dependents, must be 18 or older to join the Fitness Program. Taxes may apply. This offer may not be combined with any other offers. The Fitness Program is provided by Tivity HealthTM, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers. For medical emergencies, call 911. This program is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns. If the patient is 17 or younger, a parent or guardian must be present during the virtual visit.

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