



CenCalHEALTH®
Local. Quality. Healthcare.

Protect Yourself: Get Screened for Cervical Cancer.

Women ages 21 to 65
need cervical cancer screening
every 3-5 years.



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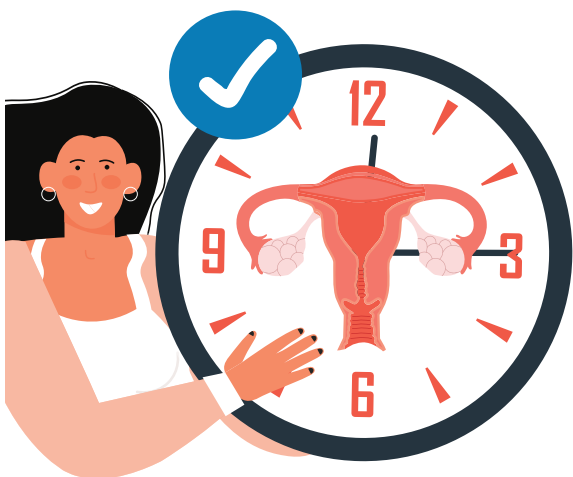
The tests for cervical cancer screening are the HPV test and the Pap test.

These tests can be done alone or at the same time and are done during a pelvic exam.

The most important thing to remember is to get screened regularly, no matter which test you get.

Cervical cancer screening tests can help find problems before they become cancer, and can also help find cervical cancer early, when it's small and might be easier to treat.

Cervical cancer screenings are a free CenCal Health benefit.



- One of the best things you can do to prevent cervical cancer is getting screened.
- There are often no symptoms in the early stages of cervical cancer, which is why you need to get screened now. Don't wait until it is too late!
- You can get screened at your doctor's office or any contracted women's health specialist. For a list of contracted providers, call Member Services.

Nervous about Screening? Read This.

CenCal Health recognizes that cervical cancer screening can be uncomfortable and stressful for some people.

Here are some tips that could make the process easier for you:

1

Talk with the doctor about your fears and anxieties about the exam.

2

Take a friend to be present during the exam, or request a nurse be with you.

3

If you are uncomfortable during the exam, you can stop at any time.

4

You will have a private area to change into an exam gown and have your screening done.



To see if you qualify for **free transportation** to your appointment, call CenCal Health's Member Services department toll-free at 1-877-814-1861 (TTY/TDD 1-833-556-2560 or 711), Monday - Friday, 8 a.m. - 5 p.m. or Ventura Transit Systems at (855) 659-4600.



For access to our **online health education library** with information, tools, and resources for preventive care and healthy lifestyles, visit www.cencalhealth.org and click on "Health and Wellness."



To **speak with a Health Educator** at CenCal Health, please call 1-800-421-2560 ext. 3126. Leave a voicemail with your request for support or information, and we will call you back as soon as possible. You can also request health education materials through your Member Portal account at qrco.de/CCHmemberportal.

**You can help protect yourself from cervical cancer,
and your healthcare team is here to help!**