Get your Pap test

A Pap test can find changes in the cervix that may lead to cancer. Cervical cancer can often be prevented if changes in the cervix are found and treated early.

- Get a Pap test every 1–2 years starting at age 21 or earlier if sexually active.
- If 30 years or older, get a Pap test every 2–3 years after having normal test results 3 years in a row OR get an HPV test plus a Pap test every 3 years if results of both tests are negative. Talk to your doctor about the type of screening that is right for you.
- Women 70 years and older may stop getting Pap tests if previous results have been normal.
- Talk with your doctor about Pap testing if you have had a hysterectomy.
- Get a breast and pelvic exam yearly, even if you do not need a Pap test. Your doctor will assess risk factors and discuss needed screenings.

Visit your personal self-service member website online!

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For your health

Breast and Cervical Cancer Screening

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Breast and Cervical Cancer Screening

Get your mammogram

Getting a mammogram is one of the most important things you can do. A mammogram can help find cancer early, when it is too small to be felt.

- Get a mammogram every 1 to 2 years after the age of 40.
- Get your breasts examined by your doctor. This is usually done during your yearly checkup.
- Visit the Aetna InteliHealth® website at www.intelihealth.com/breastexam for more information about how to perform breast self-examination.
- Report any breast changes promptly to your doctor.
- To learn more about mammograms watch the American Cancer Society online video at www.cancer.org/aetnamammo.