

## Preventive Care Screenings – *What's the Big Deal?*

### Did You Know?

According to a National Commission on Prevention Priorities study, if more Americans followed just five simple preventive health care practices, nearly 100,000 deaths each year could be prevented.

- Daily aspirin therapy to prevent heart disease
- Smoking cessation
- Colorectal cancer screening
- Flu vaccination
- Breast cancer screening



Cancer. It's a scary word that has touched most of us – either directly or through a family member. But if detected early, many types of cancer can be treated or prevented. That's why it's so important to have recommended screenings done for breast, colon, rectal and cervical cancer. And if you smoke, try to quit.

An American Cancer Society® study\* found:

- Only 54.9 percent of women age 40 and older had a mammogram in the past year, and 69.7 percent of women over 40 had one in the past two years.
- Smoking among adults and teens has leveled off in recent years, most likely due to increased spending on marketing and promotion by tobacco

companies, and reductions in funding for tobacco-control programs.

- Over the past 20 years, the rate of obesity has tripled among teens, from 5 percent to 17.1 percent. Obesity in adults doubled from 15 percent in 1976 to 33.3 percent in 2004.
- Although screening can cut colorectal cancer deaths in half, less than half of people age 50 and older have had a recent colorectal screening test.
- Too much exposure to the sun will cause more than one million cases of basal and squamous cell cancers; and 59,940 cases of malignant melanoma in 2007.

Cancer experts agree that quitting smoking, maintaining a healthy weight, eating a healthy diet and being physically active are all important steps in preventing cancer. It's all about living with moderation. In fact, 15 percent of cancers are due to lifestyle. For example, obesity increases the risk for breast and colorectal cancer compared with people who are of normal weight.

Talk with your doctor about what screenings you should have based on your age, gender and family history. And take advantage of your CIGNA preventive care benefits as a first step toward a healthier lifestyle.

*\*American Cancer Society, Cancer Prevention & Early Detection Facts & Figures 2007*

## Know Before You Go

*Use myCIGNA.com to make the most of your doctor visits*

When you need health care, the last thing you want is a surprise on the cost. You'd like a fair estimate of your out-of-pocket costs – before you go to the doctor. Now, finding that information is easier than ever on myCIGNA.com, where you can log on

to find quality and cost information to help you plan your costs when you need specific care. For example:

- Get to know the “Cost & Quality Resources” page under the Health

Resources/WebMD® tab. You can compare health care facilities for quality and cost for 29 inpatient procedures, including heart failure, knee replacement and vaginal delivery/cesarean section.

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- Then select “Compare the costs for common procedures performed at hospitals or other facilities.” Select your procedure/condition from the drop down menu and enter your ZIP code and travel preferences. You will get a list of hospitals and freestanding facilities, and can compare up to five hospitals at a time for quality and cost information.
  - When you need a special procedure – cancer treatment or an organ transplant, for example – consider a facility with a “Centers of Excellence” designation. These facilities have earned the highest scores by CIGNA HealthCare credentialing standards for quality and cost.
- Finding high quality, cost-effective care is that simple. One more reason to make myCIGNA your one-stop health resource.

## Did You Know?

CIGNA HealthCare members can take advantage of the convenience of **myCIGNA.com** and its many user-friendly resources, including online access to account balances, worksheets to estimate out-of-pocket expenses, lists of medical expenses that qualify for coverage, and other information needed by health care consumers interested in understanding their health care options.

## Educate Yourself on Patient Safety Resources

CIGNA HealthCare encourages practices that can help ensure your safety as a patient. The resources listed below offer a variety of helpful, safety guidelines for visiting your doctor or choosing a hospital.

### Speak up for Safety

You play a role in your own safety as a patient. The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) suggests that you use the phrase “SPEAK UP” as a guide for taking control of your safety:

- **S**peak up if you have questions or concerns – don’t hesitate to talk with your doctor.
- **P**ay attention to the care you are receiving.
- **E**ducate yourself about your diagnosis, medical tests and treatment plan.
- **A**sk a trusted family member or friend to be your health care advocate.
- **K**now what medications you take and why you take them.
- **U**se a health care organization that has undergone a rigorous on-site evaluation by an independent accrediting agency.
- **P**articipate in all decisions about your treatment.

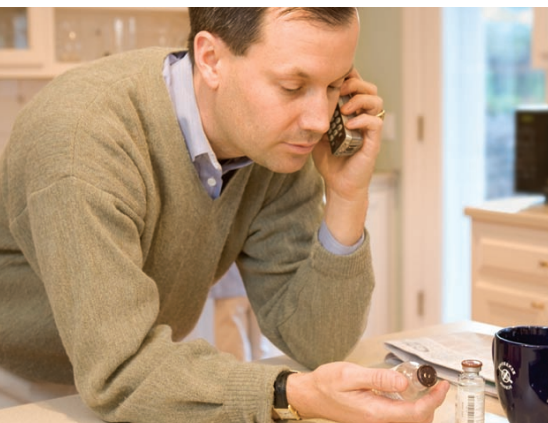
### The Leapfrog Group

A group of Fortune 500 companies created The Leapfrog Group to reduce medical mistakes and help consumers make informed decisions. The group focuses on four areas of patient safety:

- Doctors writing prescriptions by computer instead of by hand;
- Hospitals staffing intensive care units with critical care physicians;
- Patients being able to choose a network hospital based on its success rate with procedures; and
- National Quality Forum safe practices designed to increase hospital safety and reduce errors.

To learn more about these resources, visit [www.jcaho.org](http://www.jcaho.org), [www.leapfroggroup.org](http://www.leapfroggroup.org) and [www.qualityforum.org](http://www.qualityforum.org).

Source: CIGNA HealthCare Well-Being



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