

# It's Your Choice.

## *Do Your Homework. Take the Tests.*

Simple tests such as mammograms for women and prostate screenings for men can help keep you healthy. They can help find medical symptoms early before a more serious problem develops. And when you help prevent serious illness, you also help hold costs down for you and everyone in your health plan.

The goal of tests such as mammograms and prostate screenings is to detect any likelihood of cancer even before symptoms start. Taking the tests may not keep you from getting cancer at some point in your life. But early detection can help make sure any problem found is diagnosed early and treated immediately. Early detection usually means you have more options for the treatment you receive. And more chance of living a longer, healthier life.

Your doctor can tell you which tests you need at each stage in your life. So do your homework. Talk to your doctor. And learn more about the important tests you can take to help prevent more serious health concerns. The tests are simple. And they can save lives.

When you take steps to stay healthy and detect any health problems early, you help keep costs down for everyone in your health plan. For more ways each of us can help keep health care affordable, visit [www.bcbst.com](http://www.bcbst.com) or talk to your Benefits Manager.

When it comes to the cost of health care, it's your choice. And your choices make a difference.

