

# Lung Cancer Screening

are you due for one?



Lung cancer is the second most common cancer, and is by far the leading cause of cancer death. Each year, more people die from lung cancer than from colon, breast and prostate cancers combined.

The recommended screening test for lung cancer is a low-dose CT scan, or LDCT. In this test, an X-ray machine scans the body and uses low doses of radiation to make detailed pictures of the lungs.

It's important for you to know if and when you are eligible for lung cancer screening.

As part of the preventive care coverage offered through your Horizon Blue Cross Blue Shield of New Jersey health plan, you are covered for one annual lung cancer screening, at no cost, if you are eligible.

## Who should get a screening?

Certain risk factors determine who is eligible for lung cancer screening. The U.S. Preventive Services Task Force recommends yearly lung cancer screening by LDCT for people who meet all of the following criteria:

- Are between ages 55 and 80 years
- Have a 30 "pack-year" smoking history, as in:
  - you smoked one pack a day for 30 years, or
  - you smoked two packs a day for 15 years, and so on.
- Currently smoke or quit within the last 15 years
- Have not received an LDCT in the past 12 months

If you qualify for lung cancer screening based on the above, contact your doctor to schedule a screening soon.

Sources: [cdc.gov](https://www.cdc.gov); [cancer.org](https://www.cancer.org)

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**Spanish (Español):** Para ayuda en español, llame al **1-855-477-AZUL (2985)**.

**Chinese (中文):** 如需中文協助, 請致電 **1-800-355-BLUE (2583)**。

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Three Penn Plaza East, Newark, New Jersey 07105.

CMC0012005 (0518)



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