

BLUE ADVANTAGE BULLETIN

MEDICARE MADE EASY

2021

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COLON CANCER SCREENING CAN SAVE YOUR LIFE

We get it. Colorectal cancer screening is uncomfortable. If you're reluctant to get screened, remember that any discomfort or embarrassment from colon cancer screening is temporary – and detecting problems early could save your life.

March is Colorectal Cancer Awareness Month, which makes it the perfect time to learn about risk factors and talk to your primary care provider about screening options.

According to the American Cancer Society, colorectal cancer is the third leading cause of cancer-related death in men and in women. Plus, the risk of colon cancer increases with age.

If you are 50 or older, have a family history of colorectal cancer, or have certain health conditions such as colitis, you should talk to your primary care provider about colorectal cancer screening.

While colonoscopy is the most common screening, there are other options for colorectal cancer screening, including tests you can do at home. Your primary care provider can work with you to decide which screening option is best for you.

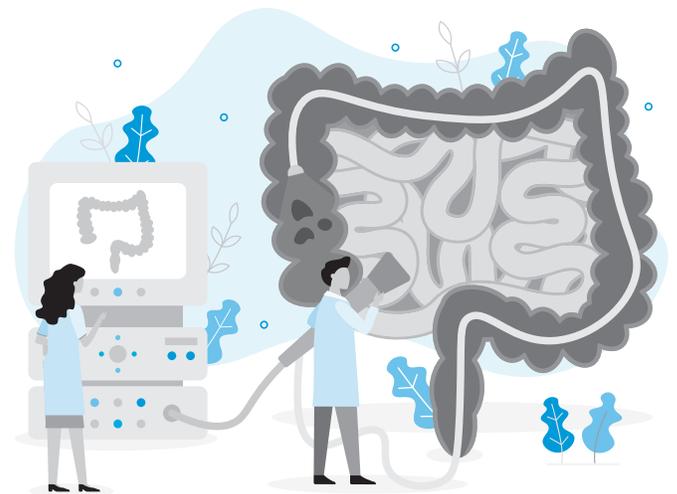
Things you can do right now to help lower your risk for colorectal cancer are:

- Be physically active
- Keep a healthy weight
- Limit alcohol use
- Don't smoke

COLORECTAL CANCER SCREENING BENEFITS FOR BLUE ADVANTAGE MEMBERS

Your colorectal cancer screening may be covered at no out-of-pocket cost to you.

Check your Evidence of Coverage for details about the types of screenings Blue Advantage covers, and call your provider today to schedule.





Louisiana

Blue Advantage (HMO) | Blue Advantage (PPO)

P. O. BOX 98020 • BATON ROUGE, LA 70898-9020

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Important Blue Advantage information

PROTECT YOURSELF FROM COVID-19 VACCINE SCAMS

You probably know how to protect yourself from COVID-19, such as by social distancing and wearing a mask. But what you may not know is how to protect yourself from scammers who want to take advantage of people during the pandemic.

Here are some tips to avoid vaccine scams:

- You do not need to pay for the vaccine
- You do not need to pay to get on the list to receive the vaccine
- You do not need to provide your bank account information or credit card number to receive the vaccine
- Do not give your Medicare number or other personal information to strangers, especially if someone calls and wants to sign you up for a vaccine
- Review your medical statements for potential errors, fraud or abuse

If you think you may have been the victim of fraud or have been approached by a scammer, be sure to report it immediately. Call the Blue Cross fraud hotline at **1-800-392-9249** or email fraud@bcbsla.com.

LET YOUR VOICE BE HEARD

Because we value you as a member, we want to be sure we are meeting your needs during the COVID-19 pandemic. We will be randomly surveying members by mail from March – June. This survey will ask about your experiences with your health plan and providers. This is the chance to let your voice be heard. Your feedback is important to us and will help us improve our plan to better serve you. If you get the survey, we hope you take a few minutes to provide your feedback. All responses are confidential and will not affect your enrollment.