

INTRODUCING

The *Prevention Works* campaign is designed to engage, educate and empower our employees to better utilize the extensive benefits available to you as a Larimer County employee designed to detect, reduce and manage chronic disease conditions.

In September, our focus is...

CANCER PREVENTION

SEPTEMBER IS ALSO:

OVARIAN CANCER MONTH


Signs and symptoms are difficult to detect and are NOT detected by routine pelvic exams. Learn about the signs and symptoms [here](#).

PROSTATE CANCER MONTH

Learn more about signs, symptoms, screening, and treatment options [here](#).

ONSITE CANCER-PREVENTION HAPPENINGS:

- [Onsite Mammogram Mobile](#)
- [Foods to Fight Cancer Cooking Classes](#)
- [UCHealth Breast Cancer 101 Panel](#)



Consider adding AFLAC's **CANCERCARE INSURANCE** Policy at this year's Open Enrollment. This plan pays a cash benefit upon initial diagnosis of a covered cancer, with a variety of other benefits payable throughout cancer treatment. Learn more by contacting our AFLAC representative, Amy Griffin.

DID YOU KNOW?

- Nearly half of all cancer cases and deaths are preventable. By learning your family history, living a healthy lifestyle, and getting timely screenings, you can help prevent some cancers.
- Though not all cancer can be prevented, early detection improves outcomes.

FACT NO. 1



In the United States, men have slightly less than a **1-in-2** lifetime risk of developing cancer.

FACT NO. 2



In the United States, women have slightly more than a **1-in-3** lifetime risk of developing cancer.

The Larimer County Medical Plan covers recommended screening exams at 100%. You do not need to pay any deductible, copay or coinsurance for these services if you go to an in-network doctor or healthcare facility.

Screening recommendations vary by gender and age, and some individuals may need to have specialized

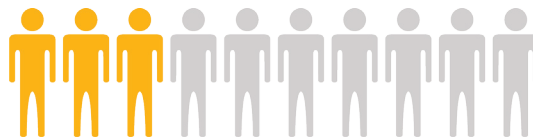
screening based on family history and current health status.

Here are a list of recommended screenings that are covered by our medical insurance plan.

- [Women's Screenings](#)
- [Men's Screenings](#)



SCREENING IS CRITICAL IN COLON CANCER PREVENTION AND EARLY DETECTION.



ONLY 29% of eligible Larimer County employees over the age of 50, have had a colorectal screening. With Colorectal cancer, outcomes can be vastly improved if it's detected early. So, if you're over 50, talk to your physician about getting screened!

COLONOSCOPY OR COLOGUARD**?

Effective July 1, 2017 UMR will cover COLOGUARD, a non-invasive colorectal screening test. Find more information at: www.cologuardtest.com.

** Cologuard is approved for men and women age 50 or older, who are at average risk for colorectal cancer. Ask your healthcare provider if cologuard is the right option for you!