

Cancer prevention toolkit: everything you need to know

We are living in a time where health care is helping us live longer than ever – but the older you get, the more at risk you are for developing cancer. While there are many risk factors beyond your control, like your age, family history and genetics, there are many simple changes you can make to help decrease your overall cancer risk.

Maintaining a healthy weight

A body mass index (BMI) of 25 or less is recommended, but getting to and staying at a healthy weight can be a challenge in America. Our culture does not set us up for success. Eating a healthy diet combined with physical activity is a great way to stay healthy and minimize your cancer risk.

Anyone can take steps to control their weight. One daily step can be to modify your eating habits. Limit eating fast food and unhealthy snacks choices to eat a balanced diet instead. Stock up on healthy, on-the-go snacks and learn more about nutrition.

Being physically active

Life is busy, and making time for physical activity can be difficult. Still, it's important to meet the recommended physical activity guidelines, which call for 150 minutes of moderate intensity exercise or 75 minutes of vigorous intensity exercise every week.

With simple lifestyle adjustments, you can increase the amount of physical activity you get every week. For example, breaking exercises into short 10-minute increments can help you complete exercise in shorter amounts that really add up. Plus, choices like opting for the stairs over the elevator or parking at the back of the lot can fit even more exercise into your day.

Eating healthier food options

When running late, grabbing a convenient breakfast is the easy choice. As hunger strikes fast, everyone is more likely to grab the unhealthy, fast option. However, most on-the-go options hold no nutritional value.

Striving for a balanced diet full of fruits, vegetables and whole grains can help you avoid weight gain, which reduces your overall cancer risk. Packing healthy snacks or prepping meals ahead of time are great options to better incorporate healthy food over the course of your day.

Limiting exposure to toxic substances

New information is constantly shedding light on the quantity of harmful toxins we are exposed to through products, food, services, the environment, work and more. You cannot control some of these exposures, so when you can, it is important to limit your exposure.

Continued on next page

These include reducing sun exposure, processed food, alcohol intake and tobacco use as much as possible. Drink alcohol in moderation, utilize a tobacco cessation resource to quit smoking and develop a daily routine that includes using sunblock with an SPF 30 or greater.

Getting screened regularly

Sanford Health Plan believes preventive screenings are one of the most crucial steps to protect your health throughout your lifetime. This is why our members receive preventive screening benefits for little to no cost.

Regular screenings are recommended by your doctor to help find problems early – before they become cancer or when developing cancer is at an early, treatable stage. Not only does early diagnosis improve health outcomes, but it also decreases the overall treatment expenses.

Qualifying for preventive benefits varies depending on age and other risk factors, like personal history and family history. Cancer screening offerings through Sanford Health Plan include:

- Breast cancer screening
- Cervical cancer screening
- Colorectal cancer screening
- Lung cancer screening
- Prostate screening
- Skin cancer preventive counseling

View the full list of preventive health benefits and qualifications in your [mySanfordHealthPlan account](#). Contact Sanford Health Plan customer service at (800) 752-5863 for more information on what preventive screening options are covered.

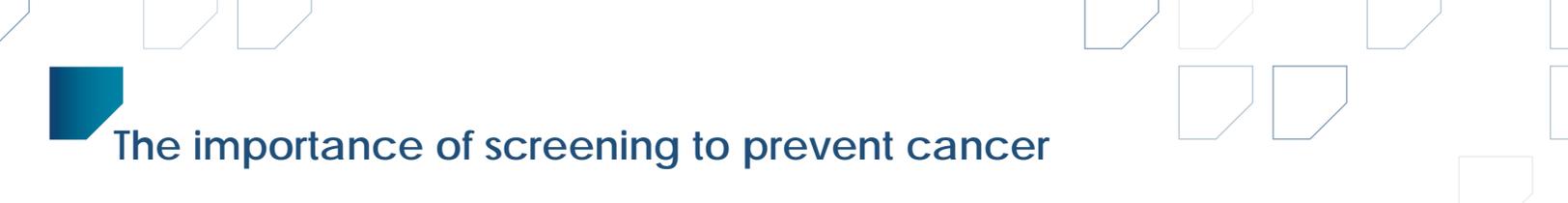
Cancer prevention: screening plus a healthy lifestyle

There is no sure method to totally prevent any type of cancer. However, there are many ways to help decrease your overall cancer risk. Preventing cancer is a long-term strategy that involves being aware of your risk factors, knowing your family history and getting screened regularly.

A few simple changes in your everyday life can help minimize the possibility of you developing cancer:

- **Maintain a healthy weight:** A body mass index (BMI) of 25 or less is recommended. Eating a healthy diet combined with physical activity is a great way to decrease your risk. You can help yourself maintain a healthy BMI by limiting how much you eat out, have fast food or snack on unhealthy options.
- **Be physically active:** It's important to meet the recommended physical activity guidelines, which call for 150 minutes of moderate intensity exercise or 75 minutes of vigorous intensity exercise every week. With simple lifestyle adjustments, you can increase your physical activity. For example, you could take the stairs instead of the elevator, park at the back of the lot or even hold walking meetings.
- **Eat healthier food options:** Striving for a balanced diet full of fruits, vegetables and whole grains can help you avoid weight gain, which reduces your overall cancer risk. Packing healthy snacks or prepping meals ahead of time are great options to better incorporate healthy food over the course of your day.
- **Limit exposure to toxic substances:** It's a best practice to limit sun exposure, processed food, alcohol intake and tobacco use as much as possible. Drink alcohol in moderation, utilize a tobacco cessation resource to quit smoking and develop a daily routine that includes using sunblock with an SPF 30 or greater.
- **Get regular screenings:** Regular screenings are an important step to protect your health. With your benefits, you are eligible – depending on screening recommendations and age restrictions – to get screened for breast, colon, cervical, prostate, lung, skin and other cancers for little to no cost.

As a Sanford Health Plan member, you have many preventive options available. Visit sanfordhealthplan.com/wellness or your [mySanfordHealthPlan account](#) for a full list of covered preventive benefits. Contact customer service at (800) 752-5863 for more information on how you are covered.



The importance of screening to prevent cancer

One of the best ways to prevent cancer of all kinds is to get screened. Sanford Health Plan believes preventive screenings are one of the most important steps to protect your health. Regular screenings are recommended by your doctor to help find problems early – before they become cancer or when developing cancer is at an early, treatable stage.

With your benefits, you can get the preventive screenings that are right for you based on your age, personal history, family history and other risk factors. Screening offerings include:

- Breast cancer screening
- Cervical cancer screening
- Colorectal cancer screening
- Lung cancer screening
- Prostate screening
- Skin cancer preventive counseling

As a Sanford Health Plan member, you are eligible to receive preventive screenings for little to no cost. Visit sanfordhealthplan.com/wellness or your [mySanfordHealthPlan account](#) for a full list of covered preventive benefits, including guidelines for the recommended frequency and age restrictions. Contact customer service at (800) 752-5863 for more information on how you are covered.