



DON'T COUNT ON
LUCK. GET SCREENED
FOR CANCER.

You can't wish away cancer. However, there are lifestyle choices that may reduce your risk. Screening tests are a good place to start. Eating a healthy, balanced diet is important, too. You should also try to maintain a healthy weight and work some physical activity into your daily routine.

Check out the Live Healthy section of www.BlueChoiceSC.com.

