

CANCER SCREENING GUIDELINES

Screenings check for certain cancers before symptoms even show up — because by the time cancer starts waving red flags, it may already be harder to treat. Tests like the ones below are designed to find cancer early, when treatment is often easier and more effective.

DID YOU KNOW?

Cancer screenings are covered by most insurance plans. Get a list of screenings you're due for.



SCAN THE QR CODE TO TRY
THE SCREENING CALCULATOR
FOR YOURSELF!

AGES 18-29

Skin cancer screening – every year for anyone 18+

AGES 30-39

Skin cancer screening

Cervical cancer screening – every 3-5 years for people with a cervix starting at age 30, sooner if you're high risk

Prostate cancer screening – if you're high risk, every 1-4 years starting at age 40

AGES 40-49

Skin cancer screening

Cervical cancer screening

Breast cancer screening – every 2 years starting at age 40, sooner if you're high risk

Colorectal cancer screening – every 1-10 years starting at age 45, sooner if you're high risk

Prostate cancer screening – if you're high risk, every 1-4 years starting at age 45

AGES 50+

Skin cancer screening

Cervical cancer screening – until age 65

Breast cancer screening – until age 74

Colorectal cancer screening – until age 75

Prostate cancer screening – until age 75

Lung cancer screening – every year for anyone 50-80 years old with a 20+ pack-year smoking history

SELF-EXAMS ARE RECOMMENDED FOR ANYONE 18+.

You should check your skin, breasts, and/or testicles once a month to monitor any changes. If something feels off, talk to a doctor.

Cancer screening isn't one-size-fits-all. Your age, family history, lifestyle, sex assigned at birth, smoking history, and other risk factors can all affect when (or if) you should get screened. These are the general guidelines for staying on top of your cancer screenings.