



FROM



pa health
& wellness™



Cervical cancer screening is an important part of women's health care.

As your partner in health, Ambetter from PA Health & Wellness wants to encourage our members to get regular cervical cancer screenings as part of your preventive care program.

DID YOU KNOW?

- Cervical cancer is often preventable and treatable when diagnosed early.
- Cervical cancer often causes no symptoms until it reaches a later stage.
- A Pap test is a screening tool to detect precancerous or cancerous cells on your cervix.
- Most cases of cervical cancer are caused by Human Papillomavirus (HPV), a virus contracted through sex.
- There is an HPV vaccine available that helps prevent the most common HPV types that cause cancer.
- The Center for Disease Control recommends that testing for cervical cancer begins at age 21.
- How often you should have cervical cancer screenings, and which tests your doctor would recommend depends on your age and health history:
 - Pap tests every 3 years for women who are 21 to 29.
 - HPV testing alone can be considered for women who are 25 to 29, but Pap tests are preferred.
 - Women who are 30 to 65 have three options for testing.
 1. Get a Pap test and an HPV test (co-testing) every 5 years.
 2. Get a Pap test alone every 3 years.
 3. Get HPV testing alone every 5 years.
 - Your provider may recommend screening more often if you have had an abnormal Pap test, positive HPV test, or other medical conditions.
 - If you have an abnormal Pap test or positive HPV test, it is important to follow up with your provider. If precancerous cells are found on your test, treatment is available to prevent it from changing into cancer.

You are important. We are here to help you prioritize your health.

It is common to have concerns and questions about cervical cancer screening. Talk with your provider so they can help.

Some common barriers to getting screened are:

- “I feel perfectly fine.”
- “I’m scared it will hurt.”
- Trauma
- “It’s embarrassing.”
- “Screening isn’t necessary after menopause.”
- Family obligations
- “I don’t have time.”
- “I don’t have multiple sexual partners.”

Why it's important for you to be screened:

- Early detection is key.
- Human Papillomavirus (HPV) can lay dormant in your body for years.
- You or your partner may have contracted HPV but don’t know it.
- Your care providers are also interested in keeping your comfortable and respecting your time.
- You will feel better that you took the time for yourself.
- Being a good role model for your children.
- Cervical cancer can sometimes be present without symptoms.

If you have questions about your benefits, give us a call at 1-833-510-4727 (TTY 711).

Don’t delay! Get checked so you can stay safe and healthy.



Call your care provider to schedule an appointment.

To request an on-demand telephonic interpreter, call Ambetter from PA Health & Wellness at 1-833-510-4727 (TTY 711).

Your insurance with Ambetter from PA Health & Wellness covers cervical cancer screenings. You can also earn \$25 as part of the My Health Pays® Rewards incentive program, for completing your annual cervical cancer screening.

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English:	If you, or someone you are helping, have questions about Ambetter from PA Health & Wellness, and are not proficient in English, you have the right to get help and information in your language at no cost and in a timely manner. If you, or someone you are helping, have an auditory and/or visual condition that impedes communication, you have the right to receive auxiliary aids and services at no cost and in a timely manner. To receive translation or auxiliary services, please contact Member Services at 1-833-510-4727 (Relay 711).
Spanish:	Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Ambetter de PA Health & Wellness y no domina el inglés, tiene derecho a obtener ayuda e información en su idioma sin costo alguno y de manera oportuna. Si usted, o alguien a quien está ayudando, tiene un impedimento auditivo o visual que le dificulta la comunicación, tiene derecho a recibir ayuda y servicios auxiliares sin costo alguno y de manera oportuna. Para recibir servicios auxiliares o de traducción, comuníquese con Servicios para Miembros al 1-833-510-4727 (Relay 711).
Chinese:	如果您，或是您正在協助的對象，有關於 Ambetter from PA Health & Wellness 方面的問題，且不精通英語，您有權利免費並及時以您的母語獲幫助和訊息。如果您，或您正在協助的對象有聽力和/或視力上的問題，阻礙了溝通，您有權利免費並及時獲得輔助支援與服務。若要取得翻譯或輔助服務，請聯絡會員服務部，電話是 1-833-510-4727 (Relay 711)。
Vietnamese:	Nếu quý vị hoặc người mà quý vị đang giúp đỡ có câu hỏi về Ambetter from PA Health & Wellness và không thành thạo tiếng Anh, quý vị có quyền được trợ giúp và nhận thông tin bằng ngôn ngữ của mình miễn phí và kịp thời. Nếu quý vị hoặc người mà quý vị đang giúp đỡ mắc bệnh về thính giác và/hoặc thị giác gây cản trở giao tiếp, quý vị có quyền được nhận các hỗ trợ và dịch vụ phụ trợ miễn phí và kịp thời. Để nhận dịch vụ thông dịch hoặc dịch vụ phụ trợ, vui lòng liên hệ bộ phận Dịch Vụ Thành Viên theo số 1-833-510-4727 (Relay 711).
Russian:	Если у вас или у лица, которому вы помогаете, возникли какие-либо вопросы о программе страхования Ambetter from PA Health & Wellness, при этом вы недостаточно хорошо владеете английским языком, вы имеете право на бесплатную и своевременную помощь и информацию на своем родном языке. Если у вас или у лица, которому вы помогаете, наблюдается какое-либо нарушение слуха и/или зрения, которое препятствует коммуникации, вы имеете право на бесплатные и своевременные вспомогательные услуги и помощь. Для получения услуг перевода или вспомогательных услуг обратитесь в отдел обслуживания участников программы страхования по номеру 1-833-510-4727 (Relay 711).
Pennsylvanian Dutch:	Wann du, odder epper wer dir helft, hen Frooge iwwer Ambetter from PA Health & Wellness, un sin net proficient in Englisch, du hoscht die Recht um Helf zu grieve un Information in dei Schprooch mitaus Koscht un in en zeitlich Manner. Wann du, odder epper wer dir helft, hen en Auditory un/odder Sehlich Condition die iss schlecht fer Communication, du hoscht die Recht Auxiliary Aids zu grieve un Services mitaus Koscht un in en zeitlich Manner. Fer Iwwersetzung odder Auxiliary Services zu grieve, sei so gut un ruff Member Services um 1-833-510-4727 (Relay 711).
Korean:	귀하 또는 귀하의 도움을 받는 분이 Ambetter from PA Health & Wellness에 대한 질문이 있는 경우 영어에 능숙하지 않으시면 해당 언어로 시의적절하게 무료 지원과 정보를 받을 권리가 있습니다. 귀하 또는 귀하의 도움을 받는 분이 청각 및/또는 시각적으로 의사소통에 장애가 있는 경우 시의적절하게 무료 보조 도구 및 서비스를 받을 권리가 있습니다. 번역 또는 보조 서비스를 받으시려면 1-833-510-4727(Relay 711)번으로가입자 서비스부에 연락해주시시오.
Italian:	Se Lei o una persona a cui sta fornendo assistenza ha domande su Ambetter from PA Health & Wellness e non ha una perfetta padronanza della lingua inglese, ha il diritto di ricevere aiuto e informazioni nella Sua lingua gratuitamente e tempestivamente. Se Lei o una persona a cui sta fornendo assistenza presenta una condizione uditiva e/o visiva che impedisce la comunicazione, ha il diritto di ricevere servizi ausiliari gratuitamente e tempestivamente. Per ricevere una traduzione o un servizio ausiliario, contatti i Servizi per i membri al numero 1-833-510-4727 (Relay 711).
Arabic:	إذا كان لديك أو لدى شخص تساعد أسئلة حول Ambetter from PA Health & Wellness، ولم تكن بارعا باللغة الإنكليزية، ف لديك الحق في الحصول على المساعدة والمعلومات بلغتك من دون أي تكلفة وفي الوقت المناسب. إذا كنت أنت أو أي شخص تساعد تعاني من حالة سمعية و/أو بصرية تعيق التواصل، ف لديك الحق في تلقي مساعدات وخدمات إضافية من دون أي تكلفة وفي الوقت المناسب. لتلقي خدمات الترجمة أو خدمات إضافية، يرجى الاتصال بـ خدمات الأعضاء على 1-833-510-4727 (Relay 711).
French:	Si vous-même ou une personne que vous aidez avez des questions à propos d'Ambetter from PA Health & Wellness et que vous ne maîtrisez pas l'anglais, vous pouvez bénéficier gratuitement et en temps utile d'aide et d'informations dans votre langue. Si vous-même ou une personne que vous aidez souffrez d'un trouble auditif ou visuel qui entrave la communication, vous pouvez bénéficier gratuitement et en temps utile d'aides et de services auxiliaires. Pour profiter de services de traduction ou de services auxiliaires, veuillez contacter Services aux membres au 1-833-510-4727 (Relay 711).
German:	Falls Sie oder jemand, dem Sie helfen, Fragen zu Ambetter from PA Health & Wellness hat und nicht Englisch spricht, haben Sie das Recht, kostenlos und zeitnah Hilfe und Informationen in Ihrer Sprache zu erhalten. Falls Sie oder jemand, dem Sie helfen, eine Hör- und/oder Sehbeeinträchtigung hat, die die Kommunikation beeinflusst, haben Sie das Recht, kostenlos und zeitnah zusätzliche Hilfe und Dienstleistungen zu erhalten. Um eine Übersetzung oder zusätzliche Dienstleistungen zu erhalten, wenden Sie sich an den Kundendienst unter 1-833-510-4727 (Relay 711).
Gujarati:	જો તમને અથવા તમે જેમની મદદ કરી રહ્યા હો એવી કોઈ વ્યક્તિને Ambetter from PA Health & Wellness વિશે પ્રશ્નો હોય અને અંગ્રેજીમાં પ્રવીણ ન હોય, તો તમને કોઈ ખર્ચ કર્યા વિના અને સમયસર તમારો ભાષામાં મદદ તથા માહિતી મેળવવાનો અધિકાર છે. જો તમે અથવા તમે જેમની મદદ કરી રહ્યા હો એવી કોઈ વ્યક્તિ શ્રવણશક્તિ અને/અથવા દૃષ્ટિવિષયક અવસ્થાથી પીડિત હોય કે જે સંચારને અવરોધતી હોય, તો તમને કોઈ ખર્ચ કર્યા વિના અને સમયસર સહાયક સહાય તથા સેવાઓ પ્રાપ્ત કરવાનો અધિકાર છે. અનુવાદ અથવા સહાયક સેવાઓ પ્રાપ્ત કરવા માટે, કૃપા કરીને 1-833-510-4727 (Relay 711) પર સભ્યની સેવાઓનો સંપર્ક કરો.
Polish:	Jeśli Ty lub osoba, której pomagasz, macie pytania dotyczące Ambetter from PA Health & Wellness, ale nie posługujecie się biegle językiem angielskim, macie prawo do uzyskania pomocy i informacji w swoim języku bez dodatkowych kosztów i w odpowiednim czasie. Jeśli Ty lub osoba, której pomagasz, macie problemy ze słuchem i/lub wzrokiem, które utrudniają komunikację, macie prawo do otrzymania pomocy i usług pomocniczych bez dodatkowych kosztów i w odpowiednim czasie. Aby uzyskać tłumaczenie lub usługi pomocnicze, należy skontaktować się z Usługi członkowskie pod numerem 1-833-510-4727 (Relay 711).

French Creole:	Si ou menm, oswa yon moun w ap ede, gen kesyon sou Ambetter from PA Health & Wellness, epi nou pa mètrize Anglè, nou gen dwa pou jwenn èd ak enfòmasyon nan lang nou gratis epi nan moman ki apwopriye a. Si ou menm, oswa yon moun w ap ede, gen yon pwoblèm pou tande ak/oswa yon pwoblèm pou wè ki pètibe kominikasyon nou, nou gen dwa pou resevwa asistans ak sèvis oksilyè gratis epi nan moman ki apwopriye a. Pou resevwa sèvis tradiksyon oswa sèvis oksilyè yo, tanpri kontakte Sèvis Manm yo nan 1-833-510-4727 (Relay 711).
Mon-Khmer, Cambodian:	ប្រសិនបើអ្នក ឬនរណាម្នាក់ដែលអ្នកកំពុងជួយ មានសំណួរអំពី Ambetter from PA Health & Wellness ហើយមិនមានភាពស្មានជំនាញក្នុងការប្រើភាសាអង់គ្លេស អ្នកមានសិទ្ធិទទួលបានជំនួយ និងព័ត៌មានជាភាសារបស់អ្នកដោយឥតគិតថ្លៃ និងទៅតាមពេលវេលាសមស្រប។ ប្រសិនបើអ្នក ឬនរណាម្នាក់ដែលអ្នកកំពុងជួយ មានបញ្ហាអញ្ជើញ និង/ឬការស្តាប់ដែលរារាំងដល់ការទំនាក់ទំនង អ្នកមានសិទ្ធិទទួលបានជំនួយ និងសេវាកម្មចាំបាច់នានាដោយឥតគិតថ្លៃ និងក្នុងពេលវេលាសមស្រប។ ដើម្បីទទួលបានសេវាកម្មបកប្រែ ឬសេវាកម្មចាំបាច់នានាសូមទាក់ទង សេវាកម្មសមាជិក តាមរយៈលេខ 1-833-510-4727 (Relay 711)។
Portuguese:	Se tiver dúvidas acerca da Ambetter from PA Health & Wellness, ou estiver a ajudar uma pessoa com dúvidas acerca desta, e não dominar o inglês, tem o direito de obter ajuda e informações no seu idioma sem qualquer custo e de forma atempada. Se tiver uma condição visual e/ou auditiva que dificulte a comunicação ou estiver a ajudar uma pessoa com uma condição deste tipo, tem o direito de receber equipamentos ou serviços de assistência sem qualquer custo e de forma atempada. Para receber traduções ou serviços de assistência, contacte serviços de membro através do número 1-833-510-4727 (Relay 711).