Five tips to reduce your risk of cancer

Although many risk factors for cancer are beyond your control, such as your age, family history and genetics, simple changes can make a difference. Keep these tips in mind and don't miss your regular screenings.

Maintain a healthy weight

Eating a healthy diet combined with physical activity can help you maintain a healthy weight and lower your risk of various types of cancer, although it can't guarantee cancer prevention. Start by taking small steps to modify your eating habits, such as limiting fast food and unhealthy snacks choices and instead opt for plenty of fruits and vegetables. Stock up on healthy, on-the-go options and learn more about nutrition for helping control your weight.

Get active

Take time for physical activity. The American Cancer Society recommends 150 to 300 minutes of moderate-intensity exercise or 75 to 150 minutes of vigorous-intensity exercise each week. Start by making simple lifestyle adjustments to help you increase your amount of activity. Try breaking exercises into short 10-minute increments, opt for the stairs or park at the back of the parking lot. Aim for at least 30 minutes of physical activity every day and more if you're able to.

Choose healthier foods

Eat a balanced diet full of fruits, vegetables and whole grains. Try to prep meals ahead of time and pack healthy snacks so when hunger strikes, you'll be less likely to grab on-the-go options, which often have little to no nutritional value.

Limit exposure to toxic substances

New information is shedding light on harmful toxins we are exposed to through products, food, services and our environments, making it important to limit your exposure when you can. This includes reducing sun exposure, processed foods, alcohol intake and tobacco use. Develop a daily routine that includes a broad-spectrum sunscreen with an SPF of at least 30, drink alcohol in moderation and use tobacco cessation resources to quit smoking.

Get screened regularly

Regular screenings help your doctor find problems early when cancer can be easier to treat or cure. Additionally, an early diagnosis improves health outcomes, prevents cancer from becoming more complicated to treat and decreases medical expenses.

As a Sanford Health Plan member, you receive preventive screening benefits for little to no cost to help you maintain your health at every stage of life. Qualifying for some preventive benefits may depend on age and risk factors such as personal and family history.

We provide cancer screenings for:

- Breast cancer
- Cervical cancer
- Colorectal cancer
- Lung cancer
- Prostate cancer
- Skin cancer

View a full list of preventive health benefits and qualifications in your mySanfordHealthPlan account. For more information about what preventive screening options are covered, call our team at (800) 752-5863.

SANFORD HEALTH PLAN

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Take time for physical activity. The American Cancer Society recommends 150 to 300 minutes of moderate-intensity exercise or 75 to 150 minutes of vigorous-intensity exercise each week. Try breaking exercises into short 10-minute increments and adding activity throughout your day by opting for the stairs or parking at the back of the parking lot.

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As a Sanford Health Plan member, you have a variety of preventive screening benefits. View a full list of your benefits at sanfordhealthplan.com/wellness or in your mySanfordHealthPlan account. For more information about covered screenings, call our team at (800) 752-5863.

Get screened to catch cancer early

The best way to detect various types of cancer is to get screened. Regular screenings help find problems early when they can be easier to treat or cure.

With your benefits as a Sanford Health Plan member, you're eligible to receive preventive screenings for little to no cost, depending on your age, personal and family history and other risk factors.
We provide screenings for:

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- Colorectal cancer
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- Skin cancer

Visit sanfordhealthplan.com/wellness or use your mySanfordHealthPlan account to view a full list of covered preventive benefits, including recommendation on how often you should be screened and at what age.

For more information about your coverage, call our team at (800) 752-5863.

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