



Lung cancer
awareness
starts with a
screening.

LIVE Your
Healthiest **LIFE**

November is Lung Cancer Awareness Month. Lung cancer is the leading cause of cancer death, and if you're a smoker or former smoker, your risk may be much higher. That's where screening comes in. A low-dose CT scan can detect cancer early, when treatment is most effective.

Ask your provider about lung cancer screening if you have the following risk factors:

- You are age 50-77*
- You smoke, or you quit smoking within the last 15 years
- You have a history of heavy smoking (one pack per day for 20 years or two packs per day for 10 years)

With preventive cancer screening, you can live your healthiest life — this November, and all year round.

Take our Lung Health Risk Assessment at
SovahHealth.com/Lung

To find a healthcare provider, call 844.GO.SOVAH



*Medicare covers up to 77 years of age, but private insurance may cover up to 80 years of age. Talk with your provider about your options.