

**Cut  
your  
cancer  
risk**

**One third  
of cancers  
can be  
prevented**

## Cancer Free Future

**Get Checked**



**Early detection saves lives!**

- Cancer is found earlier
- More successfully treated
- Reduces the risk of death
- Treatment costs are less
- Reduces family trauma



**10 Lifestyle changes to help prevent cancer!**

- 1) Avoid Smoking and Exposure to Smoke
- 2) Practice Sun Safety and Recognize When Skin Changes Occur
- 3) Eat Your Fruits and Veggies
- 4) Limit Red Meat and Animal Fat
- 5) Limit Your Alcohol Intake
- 6) Exercise
- 7) Know Your Personal and Family Medical History
- 8) Know what you're being exposed to in Your Work Environment
- 9) Practice Safe Sex
- 10) Get Screened for Cancer Regularly

### Health Insurance Corner



**Cayman First Health Plans** covers Cancer Treatment?

- Chemotherapy
- Radiotherapy
- Cancer therapy drugs
- CT scans
- MRIs

**Cayman First** gives Wellness Benefits at 100%?

- Annual Pap Smears
- HPV vaccinations
- Annual Prostate checks
- X-Rays
- Annual Mammograms
- Bone Density Tests
- Immunization

**Cayman First Health Plans** can give you peace of mind?

- Financial protection if you are diagnosed with serious illness
- Air Ambulance coverage
- Worldwide Coverage
- Repatriation/Final Expense Benefit

**Cayman First** offers 5 different Health Plans?

- Cayman First Basic
- Cayman First Prime
- Cayman First Classic
- Cayman First Plus
- Cayman first Preferred

**It is mandatory for all legal residents of the Cayman Islands to have health insurance.**

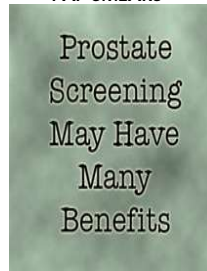
Important note: Insurance companies are required by law, to report to the Health Insurance Commission, any policy that has lapsed.

### Cancer Screening Wellness Benefits covered



PAP SMEARS

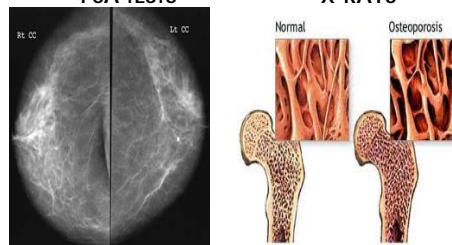
HPV VACCINATIONS



PSA TESTS



X-RAYS



ANNUAL MAMMOGRAMS

BONE DENSITY TESTS



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

### Our Local Provider Network

- Dr. Joseph Marzouca, General Practitioner
- Dr. Gordon Smith, Pediatrician/Family Physician
- Savannah Medical Clinic
- Dr. George Meggs, GYN
- Dr. Charles Reid, General Practitioner (Cayman Brac)
- Dr. S. DeAlwis, OB/GYN
- Cayman Dental Services
- Cayman Clinic

### Our Local Pharmacy Network

- Airport Center Pharmacy
- Care Pharmacy
- Health Care Pharmacy
- Professional Pharmacy
- Savannah Pharmacy
- Strand Pharmacy
- Valu-Med Pharmacy
- West Bay Pharmacy
- Windward Pharmacy

You may visit the medical, dental or pharmacy provider of your choice whether or not they are in our network. However, please note that some services provided out-of-network will be subject to deductibles and lower benefits.