



SISC
Self-Insured Schools of California
Schools Helping Schools

contigohealth 

News and cancer treatment options for SISC plan members

Volume 1

Issue 4

Preventing Cancer

What to know ● Where to turn



LOWERING YOUR RISK

Three important ways to help prevent cancer.

Statistics show that in the U.S., approximately 38% of women will develop cancer sometime within their lifetime.¹ For American men, that number is slightly higher – about 42%.¹ Although family history plays a significant factor in many types of cancer, healthy lifestyle choices also can lower an individual's risk of developing the disease.

1. Maintaining a healthy BMI and avoiding obesity.

Individuals with higher body fat have a significantly higher risk of developing cancer, including stomach, liver, and kidney cancer, among others.²

2. The less alcohol you drink, the lower your risk.

Drinking alcohol – even in moderation – raises your risk of developing certain types of cancer, including esophagus, colorectal, and mouth and throat.³

3. Avoiding exposure to second-hand smoke.

Inhaling second-hand smoke causes more than 7,300 lung cancer deaths a year among nonsmokers in the U.S.⁴

/// Bottom line on prevention: Healthy choices increase your odds of avoiding cancer.

Scientists at the Harvard School of Public Health estimate that up to 75% of American cancer deaths can be prevented. Along with regular exercise, maintaining a healthy diet, and avoiding tobacco products and excessive alcohol consumption, can significantly reduce an individual's risk for developing cancer during their lifetime.⁵

The journey forward following diagnosis.

Lowering your risks as advised does not eliminate the possibility of developing cancer. If you or a loved one show signs of cancer, we encourage you to talk to your physician right away. If diagnosed with cancer, you have the benefit of an expert evaluation with National Cancer Institute (NCI)-designated facilities as part of Contigo Health's Oncology Centers of Excellence (COE) program. This can reduce anxiety and help you focus on the right treatment option. It's natural to have questions and concerns.

//// As a SISC member, you should know about enhanced benefits, including the Contigo Health COE Program, which provides access to evaluation and treatment plans from the highest level of cancer specialists, at no direct cost to covered members.*

Here for members throughout the process.

We are here to help guide members along the way, including enrolling them in the Oncology COE Program, administered by Contigo Health, LLC.

Learn more today.

Visit sisc.contigohealth.com or call toll-free (877) 220-3556. (Mon. – Fri., 6 a.m. – 6 p.m. PST) to speak with a Contigo Health Cancer Care Member Advocate.



*The content contained herein is for educational and informational purposes only and shall not be construed as tax or medical advice. Nothing contained herein shall be construed as a guarantee of benefits. You must maintain eligibility to have access to the program. Limited conditions may be excluded from the programs. Terms and conditions apply. Per IRS guidelines, this benefit is subject to deductible for HSA members.

¹U.S. National Library of Medicine National Institutes of Health, "The Risk of Cancer Might be Lower Than We Think. Alternatives to Lifetime Risk Estimates," January 29, 2018

²American Cancer Society, "Body Weight and Cancer Risk," June 9, 2020

³Center for Disease Control and Prevention, "Alcohol and Cancer," July 8, 2019

⁴Center for Disease Control and Prevention, "Secondhand Smoke Fact Sheets," January 17, 2018

⁵Harvard Health Publishing Harvard Medical School, "The 10 Commandments of Cancer Prevention," October 1, 2019

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