



February is National Cancer Prevention Awareness Month

Nearly 50% of all cancer deaths in the U.S. have preventable causes. Taking prevention steps is key.

- Don't use tobacco products, as they've been linked to many types of cancer.
- Protect your skin from the sun.
- Eat a healthy diet and strive to get at least 30 minutes of physical activity per day.
- Talk to your doctor about cancer screening.

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