JANUARY

Cervical Cancer Awareness
Knowledge is power

Monthly well-being tip

The start of the new year is a great time to schedule your annual exams, consider talking to your provider about cervical cancer screening. Cervical cancer is the fourth most common cancer in women globally,* yet the CDC estimates that 93% of cases are preventable.* Staying informed and proactive with regular screenings can make a real difference in prevention.

Well-being fact

Human Papillomavirus (HPV) infection is the leading risk factor for cervical cancer. While most cases of HPV will clear naturally with the help of the immune system, persistent HPV can cause cervical cancer if left untreated.* The good news: The HPV vaccine has the potential to prevent more than 90% of cancers caused by HPV.* It's recommended for all people between the ages of 9-26, and can be given up to age 45.* Consider talking to your provider about whether the vaccine is right for you.

What should you know

According to the American College of Obstetrics and Gynecology*

- Women aged 21-29 should have a Pap test every year.
  HPV testing alone can be considered for women 25-29, but a Pap test is preferred.
- Women aged 30-65 have three options for testing. They can have a Pap test and an HPV test (co-testing) every 5 years; A Pap test alone every 3 years; or HPV testing alone every 5 years.
  Screening needs can vary based on your health history and risk factors. Talk to your provider annually to decide which option is best for you.

WELLNESS OBSERVANCE(S)/DAYS*

- King Day of Service - Monday, January 19, 2026
- National Glaucoma Awareness Month
- National Blood Donor Month
- Maternal Health Awareness Month
- National Healthy Weight Week
- National Birth Defects Awareness Month

IN-SEASON PRODUCE*

- **Citrus**- supports immunity
- **Kale** - supports heart health
- **Brussels Sprouts** - support cancer prevention
- **Beets** - support blood pressure
- **Squash** - supports vision

*FOR CERVICAL CANCER IN WOMEN STAT: World Health Organization. Cervical cancer. March 5, 2024. Available at: WHO.int/news-room/fact-sheets/detail/cervical-cancer. Accessed October 24, 2025.

*FOR PREVENTABLE CANCER AND UNTREATED HPV STATS: CDC. HPV vaccination. August 20, 2024. Available at: https://www.cdc.gov/hpv/vaccines/index.html.

*FOR HPV VACCINES STATS: KFF. The HPV Vaccine: Access and Use in the U.S. August 5, 2024. Available at: KFF.org/womens-health-policy/the-hpv-vaccine-access-and-use-in-the-u-s. Accessed October 24, 2025.

*FOR ACOG RECOMMENDATIONS: American College of Obstetrics and Gynecology. Cervical Cancer Screening. July 2025. Available at: ACOG.org/womens-health/faqs/cervical-cancer-screening. Accessed October 24, 2025.

*FOR WELLNESS OBSERVANCES: SOPHE. National Health Observances. Available at: SOPHE.org/focus-areas/national-health-observances. Accessed November 1, 2025.

*FOR INSEASON PRODUCE SOURCE: American Institute for Cancer Research. Foods that Fight Cancer. Available at: AICR.org/cancer-prevention/food-facts. Accessed November 1, 2025.

aetna®

Get your greens in a smoothie*

Ingredients

- 1 cup frozen pineapple chunks
- 1/2 cup frozen mango chunks sugar
- 1/2 medium ripe avocado
- 1 inch knob of ginger, peeled
- 2 cups organic spinach
- 1 cup unsweetened almond milk, add more if necessary
- Optional: 1 tablespoon hemp seeds or flaxseed meal



Instructions

1. In a large high-powered blender, add in all ingredients and blend on high for 1-2 minutes or until all ingredients are well combined. If necessary, add in more milk to thin the smoothie and blend again. Serves 1.

Nutrition

- Serving: 1 smoothie
- Calories: 311 kcal
- Carbohydrates: 40.6g
- Fat: 16.8g
- Saturated Fat: 1.9g
- Fiber: 10.9g
- Sugar: 22.8g

Adding extra nutrition to your smoothies

You can enhance any green smoothie by adding additional nutritious ingredients to really make it your own.

Don't be afraid to experiment a little! Here are a few suggestions that you can add to this green smoothie:

- **Matcha:** if you're a green tea lover, you can add a teaspoon of matcha to your smoothie for green color, antioxidants and earthy flavor.
- **Flaxseed meal:** for a little boost of fiber and minerals. A tablespoon is plenty!
- **Chia seeds:** feel free to add in a tablespoon of chia seeds to your smoothie for a boost of healthy fats and fiber.
- **Mint:** do you love minty flavor? Add a few fresh mint leaves!
- **Hemp seeds:** if you've been wondering what to do with those hemp seeds lurking in your cupboard, feel free to throw a tablespoon into your smoothie for a boost of healthy fats, omegas and minerals.
- **Protein:** make this a post-workout smoothie and boost the protein by adding 1/2 cup Greek yogurt or 1 scoop of your favorite protein powder.

*FOR SMOOTHIE RECIPE: Ambitious Kitchen. Get Your Greens in Smoothie (the best green smoothie!). July 22, 2025. Available at: AmbitiousKitchen.com/green-smoothie-recipe. Accessed November 24, 2025.

This message is for informational purposes only, is not medical advice and is not intended to be a substitute or proper medical care provided by a physician. Information is believed to be accurate as of the production date; however, it is subject to change.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).

©2025 Aetna Inc.
6641100-01-01