

# Early detection starts with you.



Use the Know Your Lemons app to check for breast cancer and your risks.

Cigna Healthcare<sup>SM</sup> is partnering with Know Your Lemons<sup>®</sup>, a global charity that helps improve early detection of breast cancer through symptoms and screening education in a fun and accessible way.

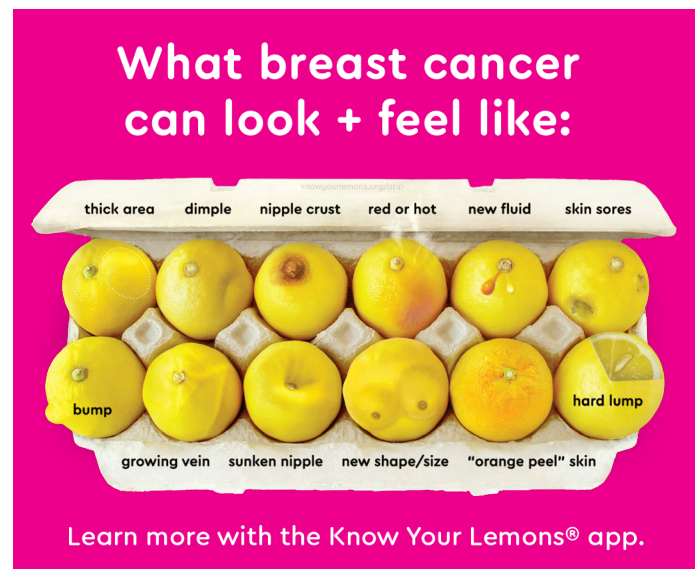
## Education and early detection saves lives

Statistics show that 1 in 8 women in the U.S. will develop breast cancer<sup>1</sup> – and 85% of cases have no family or genetic history.<sup>2</sup> But when caught early, the breast cancer survival rate is as high as 99%.<sup>3</sup>

## Learn more about breast health with the Know Your Lemons app

This award-winning app<sup>4</sup> offers programs and tools to improve early detection. To get started, go to [knowyourlemons.org](https://knowyourlemons.org).

- Read about the 12 symptoms of breast cancer
- Learn how to do a self-exam (for all genders because breast cancer can impact anyone)
- Get information right away about a symptom you're having
- Use the screening tool to see your risk factors
- Create a personalized care plan with your doctor based on your risks
- Get tips on how to prepare for breast testing
- Set reminders to do a self-exam and have a mammogram (if appropriate)



[knowyourlemons.org](https://knowyourlemons.org)

Download the app today.<sup>5</sup> It's free – and Know Your Lemons won't collect your personal information. You don't even need to enter your email address.

1. American Cancer Society, "Key Statistics for Breast Cancer" Breast Cancer Statistics | How Common Is Breast Cancer? | American Cancer Society. Last revised January 2024. 2. BreastCancer.org. Breast Cancer Facts and Statistics. Breast Cancer Facts and Statistics 2024. Last updated July 2024. 3. National Breast Cancer Foundation, Inc. "Breast Cancer Facts & Stats" Breast Cancer Facts & Stats 2024 - Incidence, Age, Survival, & More (nationalbreastcancer.org). Last updated August 2024. 4. The Know Your Lemons app was named by the Webby Awards as one of the Top 5 Health and Fitness apps for 2022. [knowyourlemons.org/blog/international-know-your-lemons-day](https://knowyourlemons.org/blog/international-know-your-lemons-day). 5. Cigna Healthcare does not endorse or guarantee the accuracy of any third party content and is not responsible for it. You agree to use third party content at your own risk.

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