

# Good Health Lasts a Lifetime

PUT WELLNESS AT THE TOP OF YOUR TO-DO LIST



## Get Screened for Breast Cancer

#### WHAT YOU NEED TO KNOW ABOUT GETTING YOUR MAMMOGRAM

### What is a mammogram?

A mammogram takes an X-ray of your breast tissue. This important screening can help detect problems in the breast, like cysts, small bumps under the skin filled with fluid, or even cancer.



#### FOR YOUR HEALTH

- Mammograms can help find breast cancer, before you start to feel sick.
- It is important to get screened:
  - even if you do not have signs or symptoms,
  - even if you live a healthy lifestyle, and
  - even if cancer does not run in your family.



#### FOR YOUR PEACE OF MIND

- Finding cancer early can increase your chance of survival, when it is small and easier to treat.
- Take actions to keep you healthy.



#### **FOR YOUR FAMILY**

 Let your family know that you are taking care of yourself so you can be there for them.



What to Expect During Your Mammogram

The first step is to schedule a visit to your doctor's office. You can request a doctor of your gender preference to help you feel more at ease.

## Here are the top three things to keep in mind:

- During your mammogram, you will be asked to undress from the waist up for 15 to 20 minutes.
- 2 Only one or two people who work in women's health will be in the room.
- 3 Your doctor wants you to feel comfortable. You can stop the screening at any time.



# When Do You Need a Mammogram?

40+

Talk to your doctor to decide when to get your **first mammogram.** 

40-54

Get a mammogram every year.

55+

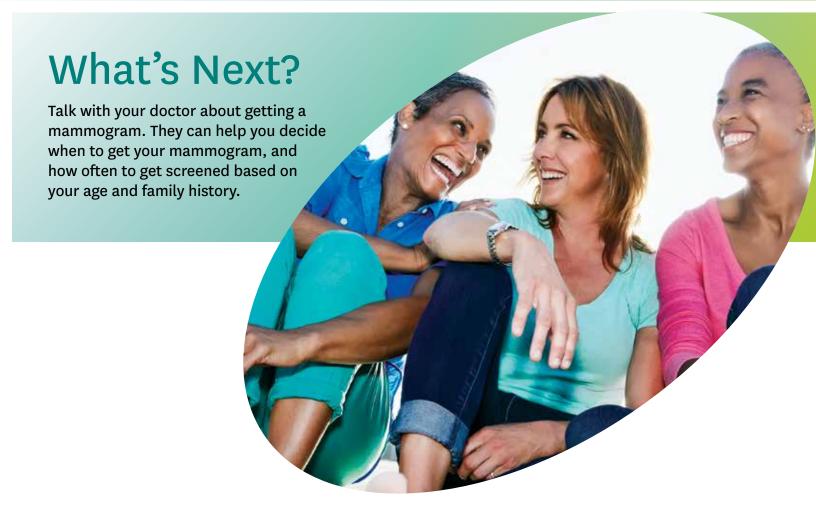
Get a mammogram every two years.

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Anytime you feel a change or something concerns you about your breast, talk with your doctor.



If you need help to schedule your mammogram, call the phone number on the back of your CalViva Health member ID card.



<sup>1</sup>American Cancer Society. https://www.cancer.org/cancer/breast-cancer/understanding-a-breastcancer-diagnosis/breast-cancer-survival-rates.html

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change. BRO044959EP00 (7/20)

Schedule yo	ur mammogram v	visit today!	
ı will call my do	ctor at ()		to schedule my mammogram.
My appointmer	t date/time is:		
Doctor address	<b>:</b>		

