



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:

- 1 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**.

! 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.

What's Next?

Talk with your doctor about getting a mammogram. They can help you decide when to get your mammogram, and how often to get screened based on your age and family history.



¹American Cancer Society. <https://www.cancer.org/cancer/breast-cancer/understanding-a-breast-cancer-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.

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Schedule your mammogram visit today!

I will call my doctor at (_____) _____ - _____ to schedule my mammogram.

My appointment date/time is: _____

Doctor address: _____



Put this reminder in a place where you will see it every day.