



Breast cancer.

Are you at risk? Make an appointment with your doctor today.



See your doctor, it's important.

- If you notice any changes in your breasts, talk to your doctor right away.
- Your risk of getting breast cancer increases as you age.
- Early detection of breast cancer can help save your life.
- It's important to get screened for breast cancer regularly.



This visit is covered by UnitedHealthcare.

- See your in-network primary care provider (PCP) for this visit.
- Your PCP is the main doctor you see for most of your care.
- Remember to bring your member ID card to the visit.



Get help with your appointment.

- From scheduling your next checkup appointment to finding a doctor, count on us to help you get the care you need, as soon as you need it.
- Call **Member Services at <1-XXX-XXX-XXXX, TTY 711>, [<Monday – Friday>, <8 a.m. – 6 p.m.>,]** for help making an appointment or finding a PCP.

See the back side to learn more.



Round	Team	Project Details	Specifications
1 UHC_CS	Copy: Blake Base Design: Mike Production: Lisa Mkt Mgr: Kelly Job: 23432	Software: InDesign CC2018 FileName:CST23432A_CL19_TK_BreastCancerScreening_E.indd RGL: Project Notes:	Color(s): 4/4 Bleed: none Flat: 8.5x11



What to expect at the visit.

1. Starting at age 50, women should talk to their PCP or gynecologist (OB/GYN) about when to start having mammograms. A mammogram is an x-ray of the breast used to look for breast abnormalities.¹
2. If someone in your family has had breast cancer, you might need to get a mammogram sooner.
3. Let your doctor know about anything that you are concerned about during your visit. Having a discussion can help get your worries off your mind.



Other important steps for your health.

- Know the risks for breast cancer.
- Know and track your numbers, like blood pressure and cholesterol.
- Get plenty of physical activity and make healthy food choices.



More ways we can help.

- [**NurseLine.** Questions about your health? Speak with a registered nurse 24/7. Call <1-XXX-XXX-XXXX>, TTY 711.]
- [**Equipment and supplies.** In-home medical equipment (like a blood pressure monitor) is covered.]
- [**Need a ride?** We provide rides to and from medical visits.]

<myuhc.com/CommunityPlan>



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We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 1-877-542-8997, TTY 711, Monday through Friday, 8:00 a.m. to 5:00 p.m.

ATENCIÓN: Si habla español, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

¹CDC.gov; cancer.org.

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