

Early Detection is Key to Surviving Breast Cancer!

Lower your risk by taking these 4 steps:

1. Know your risk
2. Get a mammogram
3. Know what is normal for you
4. Make healthy lifestyle choices



Schedule your mammogram today!

According to the latest recommendations from the US Preventive Services Task Force, **Women between the age of 40 & 74** should get a mammogram every two years*.

Alterwood Advantage covers one mammogram every year for our female members.

Speak with your doctor to learn about your risk for breast cancer and to see when and how often you should receive a mammogram.

If you need help in scheduling an appointment, or have questions call **1-866-934-9315 (TTY: 711)** and ask to speak with the Quality Department. We are here to help you from 8 am to 5 pm, Monday - Friday.

*<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/breast-cancer-screening>.
Health & Wellness or Prevention Information
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PO Box 4175
Timonium, MD 21094