

Early Detection is Key to Detecting 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

Talk with your doctor about scheduling your
mammogram today!

Take charge of your health!
**If you need help finding a doctor, locating a
radiology facility, or have questions, call
1-866-934-9330 (TTY: 711).**



Your Next Steps:

According to the latest recommendations from the United States Preventive Services Task Force:

- **Women between the ages of 40 and 74** should get a mammogram every two years. Alterwood Advantage covers one screening 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 finding a doctor, locating a radiology facility, or have questions, please call **1-866-934-9330 (TTY: 711)** and ask to speak with the Quality Department. We are here to help you from 8 am to 5 pm ET, Monday - Friday.

Source: <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/breast-cancer-screening>

Important Alterwood Advantage Information
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