

# It's time for your Annual Health Check-Up!

Take care of yourself by getting a mammogram.

## Steps to a healthier YOU!

Let's get started:



### Call your doctor to make an appointment.

An annual health check-up includes:  
Mammogram, Pelvic Exam, and Pap Smear.



### Day of the Mammogram Appointment:

- No deodorant, fragrance, or lotions.
- Wear a two-piece outfit. Exam requires removing your upper garments.



### During the Exam:

- You might feel slight discomfort.
- The machine will press down on your breast tissue for a few seconds.
- The exam is about 20 minutes long..



### After the Exam:

- You will receive a call from your doctor to go over the results.
- Ask the doctors or nurses to explain anything you don't understand.



## Good job on taking care of YOURSELF!

Getting called back after a mammogram is common and doesn't mean you have breast cancer.

Fewer than 1 in 10 patients called back for more tests are found to have cancer.

## Take time for yourself.

If you have a disability, you can request special accommodations to get your screening. If you need interpretation at your visit, call our Customer Service Department.

[www.hpsj.com/health](http://www.hpsj.com/health)

1-888-936-PLAN (7526) TTY 711 | 8:00 a.m. - 5:00 p.m.

### ! Tips

1. A mammogram is an x-ray picture of the breast tissue and requires a referral from your doctor.
2. Know your body. The risk for breast cancer increases after age 50.
3. 1 in 8 individuals in the United States will be diagnosed with breast cancer in their lifetime.\*
4. If you're 40 or older (and at average risk of breast cancer), talk with your health care provider about breast cancer screening. Discuss when and how often you should get a mammogram.

\*Source: NIH National Cancer Institute

### ★ myRewards

You may qualify for an incentive when you get your mammogram.

For further information, visit [www.hpsj.com/myrewards](http://www.hpsj.com/myrewards).

