

WOMEN'S HEALTH

Mammography



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800.508.2581

Breast Cancer is the second most common type of cancer among American women. There are 185,000 new cases of breast cancer reported each year.

Your best protection against breast cancer is to find it as early as possible. If it is found early, breast cancer can be highly curable. Your doctor can show you how to do a monthly self breast exam. Your doctor may also ask you to have a mammogram.

A MAMMOGRAM IS AN X-RAY PICTURE OF YOUR BREAST.

A mammogram can find breast cancer long before it can be felt.

When you go to have this X-ray, you will need to undress from the waist up. You will be given a hospital gown to wear for the X-ray. Most mammogram X-rays are done by women providers or technicians. So, many of these women have had this X-ray too. They are careful to only expose one breast at a time to help you be comfortable. During the X-ray, they will place your breast between two plastic plates. Then, a picture of your breast is taken from above and from the side.

Some women feel slight discomfort during this X-ray. But, it only lasts for a few seconds. The mammogram will take about 15 minutes. You do not need a referral from your Primary Care Physician (PCP)

or your gynecologist to have a mammogram if you are age 40 or older.

You will need to make an appointment for your mammogram. It can sometimes be scheduled in the evening or on a Saturday. The provider who performs this X-ray will send a report of the results to your doctor.

PLEASE REFER TO YOUR MEMBER HANDBOOK FOR BENEFIT COVERAGE.



FOR MORE INFORMATION about women's health, call Care Management at 1.800.508.2581 (TTY: 1.800.473.0989).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711). For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711).

La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

ព័ត៌មាននៃកិច្ចសន្យាសេវាសុខភាពនេះ មានជូនជាភាសាផ្សេងទៀត និងក្នុងទម្រង់អូឌីយ៉ូ តាមរយៈការទូរស័ព្ទទៅខាងសេវាសម្រាប់អ្នកដែលមានលេខ 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការស្តាប់លេខ 711)។

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).