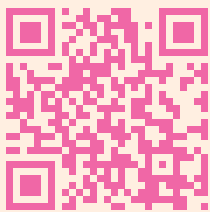


Be your own breast friend



Why do I need a mammogram?

Mammograms are important for finding unusual changes in your breast tissue that could be signs of breast cancer. When caught early, breast cancer can be treatable and may result in better outcomes. Home State Health has partnered with Gateway to Hope who have been assisting Missouri women in navigating their breast health care for the last 20 years. Learn more about Gateway to Hope by scanning the QR code.



MOBreastHealth.org

For questions about your mammogram or other women's preventative screenings, call Home State Health at 1-855-694-4663 to speak with a member of the Care Management Team.

What is a mammogram?

A mammogram is a way for your doctor to take pictures of the inside of your breast tissue. During a mammogram, your breast is gently pressed between two flat plates while the photo is taken. It may feel a little uncomfortable but, it does not last long.

When should I get screened?

Women should start getting mammograms at age 40, but it can vary based on family history and health. You should discuss when and how often to start getting your mammograms with your doctor. If you do not have a doctor, Home State Health can help you find a trusted doctor in your network.

How can I afford an appointment?

Preventative screenings, like mammograms, are a covered benefit for eligible Home State Health members. Home State Health members ages 40-74 can earn \$ rewards on their *myhealthpays*® card after completing their annual mammogram screening.

