



# The importance of a mammogram

Your health plan may cover this preventive wellness screening at **no cost to you!**

Mammograms are fast and convenient through your health plan and designed to serve women who meet the following criteria:

- **No** symptoms (lumps, masses or **any** breast problems)
- **No** personal history of breast cancer
- **At least** 40 years old (consult your healthcare provider for exceptions)
- **Have not** had a mammogram in the past year

**Breast cancer is the No. 1 cancer diagnosis for women in Arkansas.**

**One in every eight women in Arkansas will be diagnosed with breast cancer.**

**Approximately 2,100 women in the state of Arkansas will develop breast cancer this year and 440 will die of the disease.**



Arkansas  
**BlueCross BlueShield**

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Contact your healthcare provider today to schedule an appointment. To find a provider near you, sign in or register for Blueprint Portal at [arkbluecross.com/blueprint](http://arkbluecross.com/blueprint) and search for a provider.