

# Taking time for your health

Regular breast exams can spot problems early and save your life



Making time for breast screenings is an important part of good health. It's about putting yourself first, so you can be there for the ones you love.

Preventive breast exams should be a part of every woman's wellness plan — even if you don't have a family history of breast cancer.<sup>1</sup> Regular checks can help find breast cancer early, when it is easier to treat.<sup>2</sup>

## Empower yourself

- **Know the signs and symptoms.** A lump, swelling, pain, discharge, or skin changes are warning signs that should be checked by a doctor.<sup>3</sup>
- **Talk with your doctor.** Ask when to start having mammograms and how often you should have them based on your health history.

## Why mammograms are important

A mammogram is an X-ray of the breast tissue, using very low levels of radiation. It is the best way to find breast cancer early, when there are more treatment options and a 90% chance of survival.<sup>2</sup>



<sup>1</sup> National Breast Cancer Foundation: *Myths* (accessed July 2021); [nationalbreastcancer.org](https://nationalbreastcancer.org).  
<sup>2</sup> American Cancer Society: *Survival Rates for Breast Cancer* (accessed July 2021); [cancer.org](https://cancer.org).  
<sup>3</sup> American Cancer Society: *Breast cancer signs and symptoms* (accessed July 2021); [cancer.org](https://cancer.org).

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## What happens during a mammogram?

- A technician uses a machine to take a few pictures of your breast tissue by placing each breast between two X-ray panels.
- The panels press on your breast to obtain a clear picture.
- Each X-ray picture takes less than one minute.

## Who should have one?

It's important to have regular mammograms, regardless of family history, symptoms, or a past clear mammogram. In fact, nearly 90% of women don't have a family history of breast cancer,<sup>1</sup> and the chance of having it increases as you age. Your doctor or healthcare professional can help you figure out what age and how often is right for you.

## How much do they cost?

Most Anthem health plans cover screening mammograms at 100%. Certain services, such as diagnostic mammograms, 3D imaging, or ultrasounds, may not be fully covered. Before you go, you can check what's covered on the Sydney Health<sup>SM</sup> mobile app, at [anthem.com](https://www.anthem.com), or by calling Member Services at the number on your ID card.

**Taking the time to care for your own health can lead to a new sense of confidence — and may help you live a longer, healthier life.**

**Please don't delay. Be sure to schedule your mammogram today.**



## Use your plan to protect your health

To check your benefits, find a doctor or discover healthy living tips, use the Sydney Health mobile app or visit [anthem.com](https://www.anthem.com).