

THERE ISN'T A GOOD REASON TO AVOID A BREAST CANCER SCREENING

Good Reasons to have your screening:

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| Time | The whole exam only takes a few minutes. |
| Discomfort | Many women don't feel any discomfort. Some women only feel a little discomfort that lasts for only a few seconds. |
| Privacy | During the screening, only you and the technician are in the room. |
| Cost | The NALC Health Benefit Plan covers certain preventive care, like mammograms, at 100 percent when services are rendered by a PPO provider. |

Breast Cancer Facts:

One in eight women will get breast cancer. In fact, breast cancer is the second leading cause of cancer death in women.¹ With numbers like that, every woman should get screened.

The good news is, today there are fewer women dying from breast cancer.² This is likely because mammograms are helping women find the cancer earlier, when it's easier to treat.³

What exactly is a mammogram?

A mammogram is an x-ray of the breast. It checks for lumps or tumors. During a mammogram, your breast is placed between two plates. The plates flatten the breast for a few seconds so the technician can take a quick x-ray. This simple x-ray can spot breast cancer in its early stages, making treatment easier and more successful.

Who should get a mammogram?

- Women age 50 through age 74. You should have a mammogram every two years.
- If you have risk factors. A family history of breast cancer or other factors may mean you need a mammogram – even if you're under 40.

If you have not had a mammogram within the past two years, please schedule your mammogram today.

Do a Self Exam

Perform a self-breast exam every month. For information on how to perform a self-breast exam, please visit www.nalc.org/depart/hbp search the Health Center – Health Tools for details on Breast Self-Examination. Remember to tell your doctor if you feel any lumps or changes in your breast.

Where do I get my mammogram?

Start by calling your doctor to schedule your mammogram. If you want to find a PPO provider that offer this service, visit our website at www.nalc.org/depart/hbp and follow these easy steps:

- Click the High Option Provider Cigna tab
- Click the Healthcare OAP Online Provider Directory
- Fill in these boxes you see on the screen
 - o Check mammography facilities
 - o Enter your full address or city, state, or zip code
 - o Enter the number of miles you want to travel to a facility
- Click Search

If you need help locating a PPO provider please call our toll-free number 1-877-220-NALC (6252). An associate will be happy to help you, 24 hours-a-day.

¹American Cancer Society

²<http://www.cancer.org/Cancer/BreastCancer/DetailedGuide/breast-cancer-key-statistics>

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