

Knowing what to expect at a mammogram.



Early detection can make all the difference.

From a busy schedule to fear of what your exam might find, there are a lot of reasons why you might put off scheduling a mammogram. But it's important to remember that there are even more reasons to schedule one.

With regular mammograms, you're more likely to catch breast cancer early – which can reduce your risk of dying from the disease by 25% to 30% or more.¹ In fact, when breast cancer is detected before it has spread to other parts of the body, the five-year relative survival rate is 99%.²

When and how often you should schedule mammograms depends on your age and risk level. Turn to your doctor for help understanding when your mammogram is needed and what you can expect.

There's no reason to wait.

Mammograms are fully covered as preventive care for women over 40 – and they may be covered even earlier for those with a higher risk.*

Talk to your doctor about breast health and scheduling a mammogram today.

Turn to Univera Healthcare for more resources on breast cancer detection and awareness, as we help women across Western New York get the care and support they need to make health a priority.

Understanding the experience.

- Only you and the technologist will be in the room.
- You will be instructed to undress from the waist up.
- Each breast will be flattened on the machine's plate for the best image. Many facilities now offer 3D mammograms, which take several images from different angles.
- Imaging will take just a few seconds.
- Some women may find mammograms painful. Let your technologist know if you feel discomfort.
- Modern mammography involves less radiation than a standard chest X-ray – so the risk of harm is very low.¹
- The total procedure should take about 20 minutes.
- Full results will be sent to your health care provider.

Getting screened is important for *everyone* – 85% of breast cancers are found in women with no family history of the disease.¹

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¹BreastCancer.org

²American Cancer Society

*When services are provided by an in-network provider. Coverage for members in a Self-Funded plan may vary.

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

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