

Be well advised

Nothing's more important than your Well Woman exam

- An annual mammogram and Pap test can detect cancer early when it's easier to treat.
- Breast cancer is the most common cancer women may face.
- Clinical breast exams should be scheduled once a year starting at age 40 or older, and every three years if you are in your 20s and 30s.
- Have an annual Pap test if you are older than 21 or have been sexually active.
- Discuss any risk factors with your physician and determine the most appropriate screening schedule for you.

***Check your benefits booklet to determine if your health plan coverage pays for this type of screening.**

www.bcbsok.com

***Source: American Cancer Society*

40894.1007OK

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an independent Licensee of the Blue Cross and Blue Shield Association

TIME TO MAKE APPOINTMENTS NOW FOR

OKLAHOMA BREAST CARE MOBILE UNIT

SWOSU Weatherford Campus Visit--APRIL 29th & 30TH & MAY 7th

(Located at the east parking area by the Center for Economic & Business Development)

Make your appointment by calling 1-800-422-4626 Ext. 110.

Remember to bring your NEW insurance card and your doctor's name, address and phone number with you to your appointment.

*****Reminder:** Blue Cross Blue Shield members age 40 and older, the deductible and coinsurance is waived for one routine mammogram per year for network services. If you are between the ages 35-39 one baseline will be paid at 100% and for those under age 35 you will be subject to deductible and co-pays as an allowed benefit.*