

# Digital mammography that comes to *u*.

## You are a candidate for a mammogram if you:

- Are age 40 or older (most insurance companies will pay for a screening mammogram for women age 35-39 with a doctor's order)
- Have not had a mammogram within the past year
- Are not pregnant or breastfeeding
- Have no unusual breast symptoms such as a lump

## Preparing for your visit:

- You don't need a doctor referral. We will call your insurance company to make sure you are eligible.
- We offer some financial assistance to qualifying women (call 358-7020 for more information).
- Screenings take about 15-20 minutes
- Wear a two-piece outfit. Avoid using lotion, deodorant, powder and perfume on your breasts and underarm area.
- To register, go to [healthyUexpress.com](http://healthyUexpress.com), click APPOINTMENT and complete the form. We'll contact your insurance company for certification. Our radiology department will call you within 3-5 business days to verify available appointment times.

**Call 358-7020 for more information.**

A partnership for advanced breast care



**We're coming to *u*!**

**Harlandale ISD**

**Memorial Stadium**

**1202 96<sup>th</sup> Street**

**SAT 78214**

**September 29, 2017**

**8:30 am – 4:00 pm**

(Open to employees and staff)

Appointments necessary!

Register online.

Register online today at [www.healthyUexpress.com](http://www.healthyUexpress.com)

# Bringing Digital Mammograms to

# You!

Try a softer, warmer mammogram with MammoPads®

Friday,  
October 27th, 2017

9:00 a.m. to 12:30 noon

Harlandale Transportation Dept.  
12115 SE Loop 410  
SATX

Please call 210.704-4100  
to schedule your  
appointment today.  
(Se Habla Español.)

## To have a digital screening mammogram on the Mobile Mammography Unit, you must:

- Be 40 years of age or older (insurance permitting).
- Have not had a mammogram within the past 365 days.
- Have NO symptoms, such as lumps or skin changes. (See a doctor right away if you have changes. Call us if you do not have a doctor!)
- Have had no previous breast cancer or mastectomy.
- Not be pregnant or breastfeeding. (A screening mammogram cannot be done until 90 days after breastfeeding has been stopped.)

## Be prepared for your visit:

- Bring the name, address, and phone number of your physician.
- If you have had a mammogram in the past, please locate your films and bring them to your mammography appointment.
- Bring a valid photo ID
- Bring your insurance card (we accept Medicare, Medicaid, and most private insurances).
- DO NOT wear deodorant, perfume, powders, or lotions.
- DO wear a two-piece outfit.

A physician's order is NOT needed for patients who have seen their physician within a year prior to their mammogram appointment.

If you do not have insurance or a doctor, please call 210.704.4100 for details and to learn how you could get a mammogram through the generosity of community funding.



 **CHRISTUS.  
SANTA ROSA**  
Health System

Mobile Mammography Unit

CHRISTUS. Here. For life.™