Who should get a mammogram?
Women age 40 and older should have mammograms every one to two years.

Is my mammogram covered?
In most cases, mammograms are covered benefits. A copayment may be required.

If you have any questions, please call our Customer Service Department at the phone number listed on your member identification card.
Am I at risk for breast cancer?

We are all at risk for breast cancer regardless of race, age, breast size, or family history. Our risk for breast cancer increases as we get older and will continue to rise until at least age 85.

What are the chances that a woman in the United States might get breast cancer?

Age is the most important risk factor for breast cancer. The older a woman is, the greater her chance of developing breast cancer. A woman’s chance of getting breast cancer is:

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>from age 30 to age 40</td>
<td>1 out of 252</td>
</tr>
<tr>
<td>from age 40 to age 50</td>
<td>1 out of 68</td>
</tr>
<tr>
<td>from age 50 to age 60</td>
<td>1 out of 35</td>
</tr>
<tr>
<td>from age 60 to age 70</td>
<td>1 out of 27</td>
</tr>
<tr>
<td>Ever</td>
<td>1 out of 8</td>
</tr>
</tbody>
</table>


Why have a mammogram?

Mammograms can find a tumor years before you can. It can find a tumor this small ●. If the tumor is cancerous, it is much better to find it early, while it is still in one spot. The majority of cancers found at an early stage are successfully treated.

Early detection may also reduce the extent of surgery needed. For example, early stages of cancer can often be treated with a lumpectomy (removal of only the lump and surrounding tissue) instead of a mastectomy (removal of the entire breast).

What is a mammogram?

A mammogram is a low-dose X-ray picture of the breast that is used to detect breast cancer. It can find tumors years before they can be found by an examination. A mammogram does not cause cancer. With today’s machines, the level of radiation is very low and studies have shown that mammograms are not harmful.

What happens during a mammogram?

A mammogram is a simple exam. When you go for a mammogram, the person taking the picture will place your breast between two X-ray panels. The panels will push your breast between them to get as clear a picture as possible. You may feel a little bit of discomfort, but the entire process takes less than 15 minutes.