

Mammogram

Schedule a mammogram today

Early discovery and treatment are key to fighting breast cancer. That's why it's important to schedule a breast cancer screening – like a mammogram – which can detect a lump in your breast before you can feel it.

The earlier breast cancer is found, the better the chances that treatment will work.

If you are 40 years or older, you should talk with your doctor about the benefits and risks of starting breast screenings. Most women have breast screenings every one to two years, beginning at age 50. Based on your family medical history and other factors, your doctor may recommend that you start at an earlier age.

Get a \$25 gift card

UCare rewards eligible members ages 50 to 69 with a \$25 gift card when they get a mammogram. No co-payment is required. Have your health care provider fill out and sign the attached voucher when you have your mammogram. Then mail the completed voucher to the address on the back to receive your gift card.


All women should talk to their doctor to find out what breast cancer screening tests are right for them.





Reward

Questions?

UCare members can call Customer Services at the numbers below for more information.

 **UCare's Minnesota Senior Health Options (MSHO) (HMO SNP), and UCare Connect (HMO SNP)**
Customer Services:
612-676-6868 or 1-866-280-7202
(toll free). Hours: 8 a.m. to 8 p.m., daily.

 **PMAP, MinnesotaCare, and Minnesota Senior Care Plus,**
Customer Services:
612-676-3200 or 1-800-203-7225
(toll free). Hours: 7:45 a.m. to 5 p.m., Monday through Friday.

 **TTY/Hearing Impaired:**
612-676-6810 or 1-800-688-2534
(toll free).

UCare Minnesota is a health plan with a Medicare contract. Benefits and/or co-payments may change on January 1, 2012.

PMAP MnCare MSC Plus H2456 H2459_120110 DHS Approved (12012010) IA (12012010)

U664 (12/10)

Gift card

\$25

UCare Mammogram Incentive Voucher
Recipient must be a current UCare member at the time of screening.

Good for up to one year after date of receipt.

Date of
Mammogram: _____

Location: _____

Member
Name: _____

UCare ID
Number: _____

Technologist Signature: _____



2011

\$25



PO BOX 52
MINNEAPOLIS MN 55440-0052



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Health or wellness or prevention information.

See inside – Just another good reason to schedule your mammogram.



Attention. If you want free help translating this information, call UCare at 612-676-3200 or toll free at 1-800-203-7225.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة المعلومات، فاتصل على الرقم الموجود أعلاه.

កំណត់សំគាល់ បើអ្នកចង់បានព័ត៌មានបំប្រែភាសាឥតគិតថ្លៃ សូមទូរស័ព្ទ ទៅលេខនៅខាងលើ ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite gornji broj.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no dawb, thov hu rau tus xov tooj saud.

ໂປຼດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການເປີດຂໍ້ຄວາມດັ່ງກ່າວນີ້ພໍດີ, ຈົ່ງ ໂທລະຕາມເລກໂທລະສັບຢູ່ຂ້າງເທິງນີ້.

Hubaddhu. Yoo akka odeeffannoos kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsa armaa olii bilbilii.

Внимание. Если вам нужна бесплатная помощь в переводе этой информации, позвоните по указанному выше телефону.

Ogow. Haddii aad dooneysu in lagaad kaalmeeyo tarjama dda macluumaadkani oo lacag la'aan ah, wac lambarka kore.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al número que aparece más arriba.

Chú Ý. Nénú quý vị cần dịch thông tin này miễn phí, xin gọi số nêu trên.

LB5-0011 (1-08)

This information is available in other forms to people with disabilities by calling: 612-676-3200 (voice) or toll free at 1-800-203-7225 (voice), 612-676-6810 (TTY) or toll free at 1-800-688-2534 (TTY); or through the Minnesota Relay at 711 or toll free direct access at 1-800-627-3529 (TTY, Voice, ASCL, Hearing Carry Over), or 1-877-627-3848 (speech to speech relay service).

American Indians can continue or begin to use tribal and Indian Health Services (IHS) clinics. We will not require prior approval or impose any conditions for you to get services at these clinics. For enrollees age 65 years and older this includes Elderly Waiver (EW) services accessed through the tribe. If a doctor or other provider in a tribal or IHS clinic refers you to a provider in our network, we will not require you to see your primary care provider prior to the referral.



To receive your gift card, please mail this voucher to:

UCare
Attn: Health Promotion Department
P.O. Box 52, Minneapolis, MN 55440-0052

Please tell us where to send the gift card:

Name: _____

Address & Apartment Number: _____

City, State, ZIP Code: _____