



What to know about getting a mammogram.

A mammogram is an important step in taking care of your health. A mammogram is an x-ray of the breast used to look for breast disease. A mammogram is a screening tool that allows the doctor to have a closer look at changes in your breast tissue over time that cannot be felt during a breast exam.

- Women ages 50 to 74 should get a mammogram every two years.
- Women younger than age 50 should talk to their Primary Care Provider (PCP) or Gynecologist (OB/GYN) about when to start and how often to have a mammogram.



When to schedule:

It's best to schedule your mammogram for the week after your menstrual period. Your breasts won't be tender or swollen, which means you'll experience less discomfort during the x-ray and get a clearer picture.



Where to go:

Any imaging facility that is in-network with UnitedHealthcare Community Plan. Find one by visiting UHCommunityPlan.com or myuhc.com/communityplan and using the Doctor Lookup tool.



What to bring:

UnitedHealthcare Community Plan identification card and an order from your PCP or OB/GYN provider. This will give the imaging center a location to send results back to your provider.



We're working to make it easier for you to get the health care coverage you need.



Call Member Services at **1-800-318-8821, TTY 711**,
8 a.m. – 7 p.m. ET, Monday through Friday.



Visit **UHCommunityPlan.com** or **myuhc.com/communityplan**

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