



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 diagnose 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 years 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 UHC Community Plan.

What to bring:



UHC Community Plan Identification card and a note from your PCP or OB/GYN provider. This will give the imaging center a location to send your results.



We're working to make it easier for you to get the health care coverage you need. If you ever have questions, call us toll-free at **1-800-493-4647, TTY 711.**

