

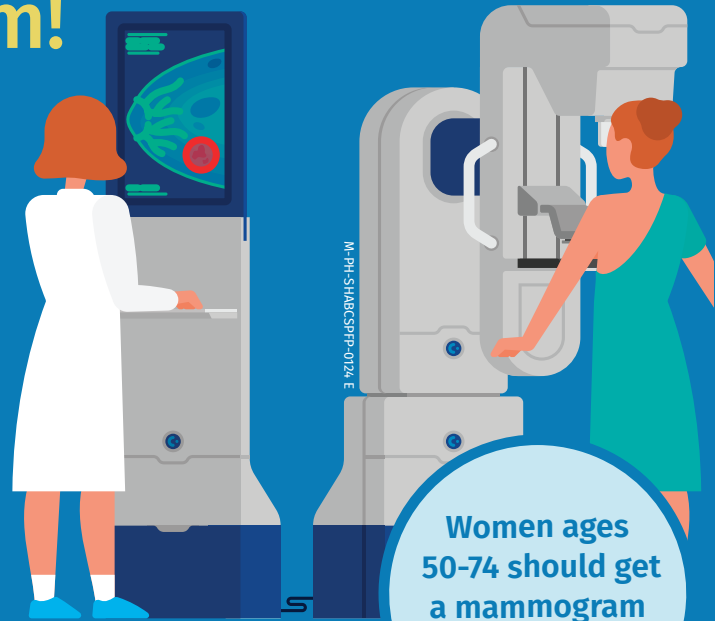


CenCalHEALTH[®]
Local. Quality. Healthcare.

Protect yourself from breast cancer by getting a mammogram!

Mammograms (breast X-rays) are used to screen for breast cancer.

Regular breast cancer screening with mammograms can help find breast cancer early, when it might be easier to treat.



M-PR-9HAGSPP-0124 E

Women ages 50-74 should get a mammogram every two years.



Mammograms are a free CenCal Health benefit AND they save lives!

If you have a personal or family history of breast cancer, talk to your doctor to find out if you need more frequent checkups.

Learn more: bit.ly/CCHmammo

A mammogram is a low-dose X-ray of the breast that's used to look for breast changes.

Mammograms can find tumors that are too small for you or your doctor to feel. X-ray pictures of each breast are taken, usually from two different angles.

A mammogram can be uncomfortable but is not usually painful.

It usually takes just five minutes total.



Ready for your screening? Here are the steps to take:

1

Call your Primary Care Provider (PCP) today to ask for a mammogram referral.

2

Schedule your appointment at your preferred lab. Please see list.

3

Show up 15 minutes before your scheduled appointment time.

4

Be proud of yourself! Getting screened is important for your health, and you did it!



Are you worried about being exposed to radiation during a mammogram?

The machine takes X-rays at lower doses of radiation than the X-rays done to look at other parts of the body. Your doctor is available to discuss any questions or concerns.



To see if you qualify for **free transportation** to your appointment, call CenCal Health's Member Services department toll-free at 1-877-814-1861 (TTY/TDD 1-833-556-2560 or 711), Monday - Friday, 8 a.m. - 5 p.m. or Ventura Transit Systems at (855) 659-4600.



For access to our **online health education library** with information, tools, and resources for preventive care and healthy lifestyles, visit www.cencalhealth.org and click on "Health and Wellness."



To **speak with a Health Educator** at CenCal Health, please call 1-800-421-2560 ext. 3126. Leave a voicemail with your request for support or information, and we will call you back as soon as possible. You can also request health education materials through your Member Portal account at qrco.de/CCHmemberportal.

You can schedule your mammogram appointment at any of these locations:

Lompoc, CA

- Midcoast Imaging Medical Group | 805-737-3375

Los Angeles, CA

- UCLA Radiology Medical Group | 310-301-6800

Santa Barbara, CA

- Pueblo Radiology Medical Group, Inc. | 805-682-7744
- Santa Barbara Radiology Medical Group | 805-569-7279
- Santa Barbara Women's Imaging Center | 805-560-8111

Ventura, CA

- Breast Center at Community Memorial Hospital | 805-948-5093

San Luis Obispo, CA

- Magnetic Resonance Imaging of San Luis Obispo, Inc. | 805-434-1491
- Templeton Imaging | 805-434-0829

Santa Maria, CA

- Diagnostic Imaging of Santa Maria | 805-739-3000
- Santa Maria Digital Medical Imaging | 805-928-3673

Templeton, CA

- Templeton Imaging | 805-434-1491
- Templeton Radiology Diagnostic Center | 805-434-0829

