

Jane, don't wait! [It's time or you are past due] for your breast cancer screening and mammogram appointment. If you haven't already done so, we encourage you to schedule your appointment today. If you have questions and want more information, please call 800-841-0276 to speak with a Bowers registered nurse.

To encourage this preventive care visit, your health plan will pay 100% of your mammography exam (you may owe a portion if out-of-network providers are utilized).

We've all heard of people facing serious medical crises that could have been avoided if they'd only taken advantage of simple preventative measures. It's not too late to take charge of your health – it can truly make a difference in your well-being and that of your family's.



Did you know?

There are several screening measures that you can use to detect breast cancer in the early, treatable stages including:

- breast self-examination
- clinical breast exam by a nurse or doctor
- mammograms



For more information contact Bowers at:

800-841-0276

or

www.bowersa.com

Breast Cancer & Screening Fast Facts:

- Aside from skin cancer, breast cancer is the most common form of cancer in women and second leading cause of cancer deaths in women (after lung cancer).
- While deaths from breast cancer have been going down steadily since 1990 because of earlier detection and better treatments, it is estimated that 40,910 women died of breast cancer in 2007.
- You should perform a monthly breast self-exam. If you don't know how, ask your health care provider for instructions
- If you are over the age of 40, you should have a mammogram done every year. Mammograms may be recommended at an earlier age if you are at a high risk for breast cancer.

BOWERS
& ASSOCIATES

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BOWERS
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Important Information About Breast Cancer Screening



Jane Smith
Keep a good thing going...


JOHNSON
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Jane, what's your most valuable asset? Your good health! Today, it's easier than ever to maintain your good health through preventative care, immunizations, screenings and routine exams.

Johnson Financial Group believes that you play a vital role in managing your own health and well-being.