



Do something **special**
for your birthday



**Independence
Blue Cross**

A large, textured pink awareness ribbon is positioned on the left side of the page, extending from the top to the bottom.

Celebrate this special year by scheduling your mammogram today!

The earlier breast cancer is found, the better the chances for a positive outcome. Breast cancer is the second most common cancer that women get and die from in the United States. However, regular mammogram screenings have been shown to reduce breast cancer deaths by 63 percent.¹

For more information about mammograms and other important preventive health screenings, log on to www.ibxpress.com.



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¹According to a study by Robert A. Smith, PhD, director of cancer screening for the American Cancer Society.
www.cancer.org/docroot/NWS/content/NWS_1_1x_Regularly_Scheduled_Mammograms_Save_More_Lives.asp

How to schedule your mammogram

- 1. Make an appointment at any participating radiology site.** To find a radiology site, log on to www.ibxpress.com or you may call Healthy LifestylesSM at 1-800-ASK-BLUE.
- 2. Ask the radiology site if it requires a prescription or referral from your OB/GYN or primary care physician.** Even though Independence Blue Cross does not require referrals or prescriptions for mammograms, some radiology sites do. Don't forget to ask!
- 3. Keep your scheduled appointment.** A mammogram takes only about 20 minutes.

We want you to be able to receive your mammogram as easily as possible, so HMO and POS members do not need to obtain referrals for in-network services. Also eliminated for in-network services are copayments, deductibles, and coinsurance. You may need a prescription from the ordering physician. HMO members requiring a follow-up breast ultrasound can receive the ultrasound at any participating radiology site. Please refer to your benefits description material for complete details of the terms, limitations, and exclusions of your coverage.



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Look inside for important
information on your health.