

# Mammograms that come to *u*

## You are a candidate for a mammogram if you:

- Are age 40 or older (most insurance companies will pay for a screening mammogram for women age 35-39 with a doctor's order)
- Have not had a mammogram within the past year
- Are not pregnant or breastfeeding
- Have no unusual breast symptoms such as a lump

## Preparing for your visit:

- You don't need a doctor referral. We will call your insurance company to make sure you are eligible.
- We offer some financial assistance to qualifying women (call 210-358-7020 for more information).
- Screenings take about 15-20 minutes
- Wear a two-piece outfit. Avoid using lotion, deodorant, powder and perfume on your breasts and underarm area.
- To register, go to [healthyUexpress.com](http://healthyUexpress.com), and click **APPOINTMENT** and complete the form. We'll contact your insurance company for certification. Our radiology department will call you within 3-5 business days to verify available appointment times.



We're coming  
to *u*

Grateful Gathering  
MacArthur Park  
Lutheran Church

2903 Nacogdoches Rd

Friday, September 9

**12:00pm-4:00pm**  
must register for appointment  
online at [HealthyUexpress.com](http://HealthyUexpress.com)



Scan to schedule an  
appointment

Call **210-358-7020** for more information

# Frequently asked questions

## Do I need a mammogram?

You are a candidate for a mammogram if you:

- Are age 40 or older (most insurance companies will pay for a screening mammogram for women age 35–39 with a doctor's order)
- Have not had a mammogram within the past 12 months
- Are not pregnant or breastfeeding
- Have no unusual breast symptoms such as a lump

*If you are pregnant, breastfeeding or feel a lump in your breast, talk to your doctor about getting a different exam, or call us at 210-358-7020 to learn more.*

## How long will my mammogram take?

The screening lasts 15-20 minutes.

## How can I prepare for my visit?

Wear a two-piece outfit. Avoid using lotion, deodorant, powder and perfume on your breasts and underarm area.

## How do I schedule my mammogram?

Go to **healthyUexpress.com** and click **APPOINTMENT**, and complete the registration form. Once we receive your information, we'll contact your insurance company for certification. Our radiology department will call you within 3-5 days to verify available appointment times.

## Do I need a referral from my doctor?

No. We will call your insurance company to make sure you are eligible.

## Do you offer financial assistance?

Some financial assistance is available to qualifying women. Please call 210-358-7020 for more information.



Register at **healthyUexpress.com**