

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, 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*

Alamo Heights United Methodist Church

825 E. Basse Rd,
San Antonio, TX 78209

November 18th, 2022
8AM-4PM



Scan to schedule an appointment

QR code will direct you to UHS website. Answer screening questions. Select event date 11/18/22. Organizer Methodist Healthcare Ministries.

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