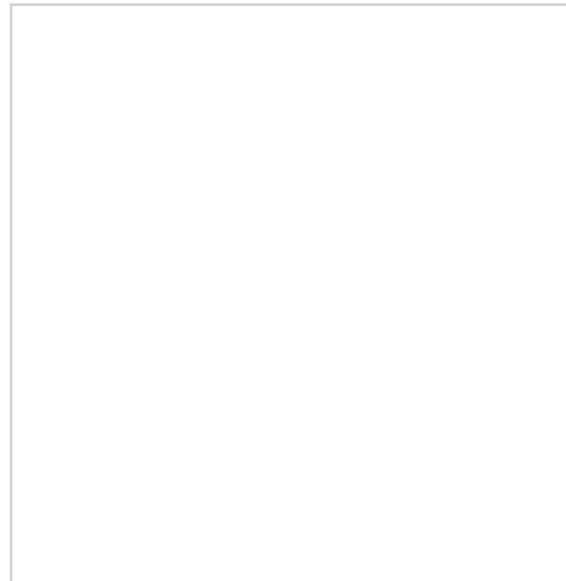


Some important reasons to  
get a *mammogram*:

- The greatest risks for breast cancer are being a woman and getting older. Most breast cancers occur in women aged 50 or older.
- Finding breast cancer early can help save your life.
- Most women that are diagnosed have no history of breast cancer in their families.
- Getting a mammogram is easier than you think.

For more information contact:



[www.dhs.wisconsin.gov/wwwp](http://www.dhs.wisconsin.gov/wwwp)

1-800-642-7837



Wisconsin Well Woman Program  
Wisconsin Department of Health Services  
Division of Public Health  
P-01239A (03/2019)

Do *you* need  
a Mammogram  
or Pap test but  
can't afford it?

We can help!

Wisconsin  
Well Woman  
Program

The Wisconsin Well Woman Program helps women get **free breast and cervical cancer screenings**, such as mammograms, Pap tests, and other follow-up tests.

## 2019 - 2020 INCOME GUIDELINES

Family Size	Annual Gross Household Income*
1	Up to \$31,225
2	Up to \$42,275
3+	Contact your coordinator for additional family member guidelines

\* Net taxable income for farm families and self-employed persons.

### You may qualify if:

- You are a woman, aged 45-64; or aged 35-44 with breast symptoms or concerns.
- You do not have health insurance, or your insurance policy has a high deductible for screenings or tests.
- Your income is within the above guidelines.

### What puts me at risk for Breast Cancer?

- Being female
- Increasing age

### What steps can I take to help maintain breast health?

- Talk to a doctor about what exams are right for you.
- Eat a healthy diet.
- Maintain a healthy weight.
- Exercise regularly.
- Limit alcohol.
- Avoid smoking.
- Know what is normal for your breasts.
- Report changes to a doctor.

Wisconsin  
Well Woman  
Program

