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

1-800-642-7837

Wisconsin Well Woman Program
Wisconsin Department of Health Services
Division of Public Health
P-01239A (01/2024)

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.

2024 - 2025
INCOME GUIDELINES

Family Size	Annual Gross Household Income*
1	Up to $37,650
2	Up to $51,100
3+	Contact your coordinator for additional family member guidelines

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

You may qualify if:

- You are a woman, aged 40-64; or aged 35-39 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.

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