



Early Detection Matters

Schedule a \$0 screening mammogram

Women have a
1 in 8 Chance
of developing breast cancer in their lifetime ¹.

Black women are
40% More Likely
to die from breast cancer than White women. ²

The 5-year survival rate is
99%
for localized breast cancer when detected early. ³

Mammogram – The gold standard

The best way to detect breast cancer early is through an annual mammogram. This low-dose X-ray of the breast can detect breast changes before physical symptoms develop. At 87% sensitivity⁴, the mammogram is a good early detection screening that can lessen the need for mastectomy or chemotherapy.

Who's at risk of breast cancer

It's important to know your risk of breast cancer and to understand that risk can change over time. Family history can play an important role in knowing and understanding risk, as can:

- Drinking alcohol, smoking and obesity
- Taking hormone therapy for symptoms of menopause

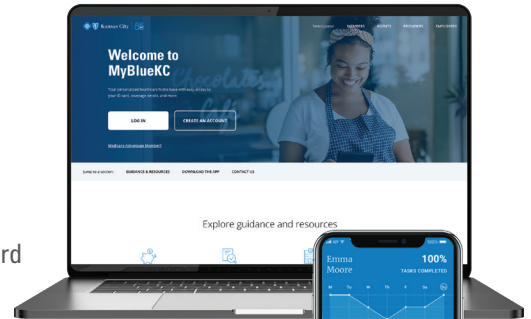
However, you can work toward lowering your risk by:

- Exercising regularly
- Eating fruits and vegetables
- Keeping weight in check
- Getting an annual mammogram

Schedule your \$0 screening mammogram

Now is always the best time to schedule your screening mammogram. It costs \$0 when you use an in-network provider. Plus, you can earn a cash reward when you have the screening done by a SmartShopper[®]-eligible provider. Here's how to find one:

- Click **Find Care** on your member portal at [MyBlueKC.com](https://www.MyBlueKC.com), click **Find Doctors, Specialists & Hospitals**, then **SmartShopper Rewards***
- Type "mammogram" in the search bar
- Select the type of mammogram you need
- Review provider options
- SmartShopper-eligible providers will show the SmartShopper Cash Reward amount in a green box.



Have questions about getting a mammogram?

Connect with a medical professional using the **Blue KC Care Management app**.

Download it now and use access code **kchelpwelcome** to register. Then tap Chat at the bottom of the home screen to immediately begin a secure messaging session with a Care Management team member.

¹ American Cancer Society, Key Statistics for Breast Cancer

² American Cancer Society, Breast Cancer Death Rates are Highest for Black Women

³ National Breast Cancer Foundation, Inc., Breast Cancer Facts & Stats

⁴ Sensitivity means mammography correctly identifies about 87% of women who have breast cancer. Susan G. Komen, Accuracy of Mammograms

* SmartShopper-eligible members include fully insured large and small group members, small group level funded members, and individual and family plan members. Experience varies between ACA and non-ACA plans. SmartShopper is not available to Medicare Advantage members.