



Early Detection Matters

Mammogram – the gold standard

The mammogram is a low-dose X-ray of the breast that 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?

Family history can play an important role in knowing and understanding your breast cancer risk, as can drinking alcohol, smoking, obesity, and 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

Have questions about getting a mammogram?

Connect with your Blue KC care team using the **Blue KC Care Management app**.

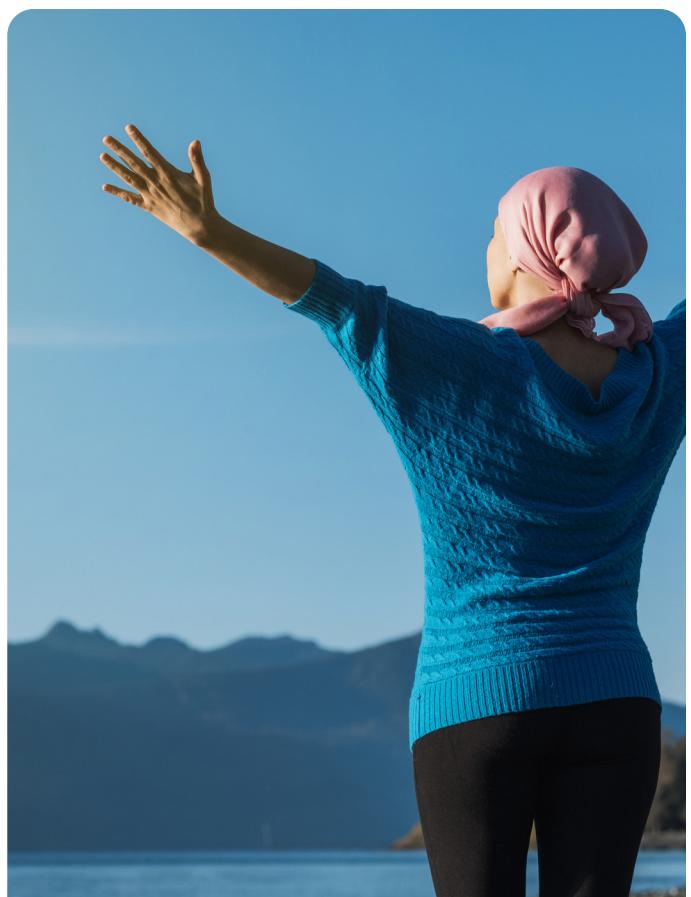
Download it now and use access code **kcbluewelcome** to register. Then tap Chat at the bottom of the home screen to begin a secure messaging session with a Care Management team member.

KNOW THE FACTS

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

Black women are 38% 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



Schedule Your Screening Mammogram*

Now is always the best time to schedule your screening mammogram. It's \$0** out of pocket when you use an in-network provider.

Find an in-network provider by visiting your member portal at MyBlueKC.com:

- Click **Find Care** then click **Find Doctors, Specialists & Hospitals**
- Type "screening mammogram" in the search bar
- Select **Mammogram, Digital Screening of Two Breasts**
- Review provider options

¹ American Cancer Society, Key Statistics for Breast Cancer

² American Cancer Society, Cancer Facts & Figures for African American/Black People

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

* Annually for women 45-54; every two years for women 55+. American Cancer Society.

** For costs and further details of coverage, including exclusions, reductions or limitations, and the terms under which the policy may be continued in force, contact your Blue KC representative.