

Don't have time for a mammogram?

Then you definitely don't have time for breast cancer.

Who should get a mammogram?

- Women ages 40 and older (or at any age if there are risk factors)

How often do I need one?

- Once a year or as recommended by your doctor

If you're 40 or older, getting tested for breast cancer could save your life. Here's how:

- A mammogram is a simple screening test and is one of the best ways to detect breast cancer
- In fact when breast cancer is caught early, the odds of recovery are much higher



Getting tested is the most important step you can take to protect yourself against breast cancer. To schedule your mammogram, call your doctor or OB/GYN. To find a local OB/GYN visit www.cigna.com or call the Customer Service toll free number on your CIGNA ID Card.

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