

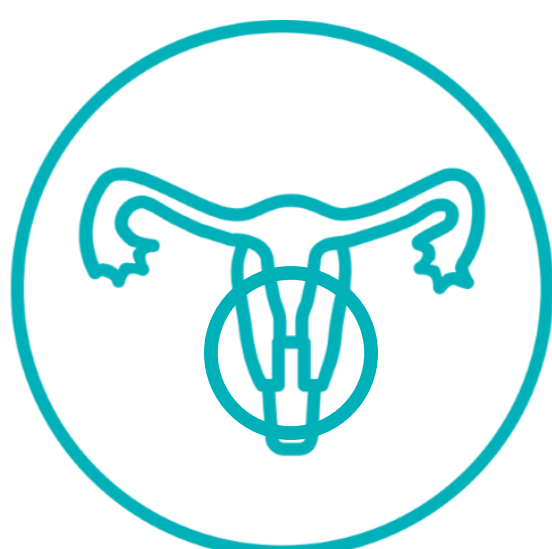
Welcome to Ladies First

Ladies First Covered Services:



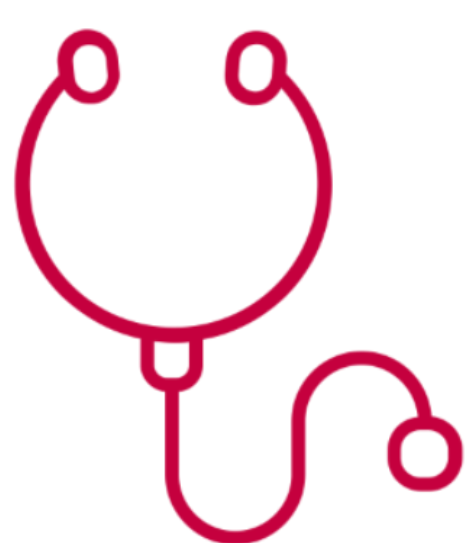
Breast Cancer Screening

- Starting at age 50 (unless your doctor recommends sooner)
- Breast exam every year
- Mammogram every other year (or as often as your doctor recommends)
- Additional testing as needed



Cervical Cancer Screening

- Pap test every 3 years (or as often as your doctor recommends)
- HPV testing for women over age 30
- Additional testing as needed



Heart Health Screening

- Starting at age 40
- Blood pressure
- Height and weight
- Cholesterol testing (if your doctor says you need it)
- Blood sugar testing (if your doctor says you need it)

How to use Ladies First:



1. **Make an appointment with your doctor.**

Don't have a doctor? Call Ladies First to help you find one: 800-508-2222.



2. **Bring your Ladies First ID Card and Provider Report with you to your appointment.**

If you have other insurance, they will be billed first. Ladies First will pay for what your insurance doesn't cover of the services that we offer.



3. **Fill out the Ladies First Heart Health Questions on the day of your appointment.**

Mail the completed form back to Ladies First in the envelope that is included.



4. **Have your doctor send the Provider Report or the results to Ladies First.**

They can fax it to 802-657-4208.