



October 10, 2015

Dear Member,

Alliant cares about your health and wellness and would like to provide tools that can help you achieve and maintain good health. We encourage you to be healthy by following established guidelines of preventive care.

This letter serves as a reminder of **preventive breast cancer screenings (mammograms)**. It is important to be aware of risk factors, symptoms and screening methods that meet guidelines. Furthermore, it is important to consult with your healthcare provider to determine the frequency of screenings that is recommended for you. Keep in mind that mammograms are a covered benefit under your health plan when you meet medical necessity criteria or established preventive health guidelines.

Included with this informative letter is a listing of breast cancer community-based resources and support groups in Georgia.

If you have any questions about this informational letter, or would like help locating a doctor or facility to obtain a breast cancer screening, please call Customer Service at 1-800-811-4793. If you have already had your scheduled breast cancer screening, congratulations on taking an active role in your health.

If you would like to have this information in Spanish, please visit alliantplans.com.

In good health,

Alliant Health Plans

BE INFORMED

Breast Cancer

Important

Breast cancer starts in the breast and is the second most common cancer in American women.

Risk Factors

Common risk factors for breast cancer may include age, gender, family history, and ethnicity. Risk factors can possibly increase your chances of developing breast cancer.

Symptoms

Some common symptoms may include:

- Swelling of all or part of a breast (even if no distinct lump is felt)
- Skin irritation or dimpling
- Breast or nipple pain
- Redness, scaliness, or thickening of the nipple or breast skin
- Nipple discharge (other than breast milk)

Recommendations

The American Cancer Society recommends a mammogram every other year beginning at age 40, and annual mammograms beginning at age 50.

Be Aware

Even though breast cancer is not common in men, it is possible to occur.