



Mammograms

Getting regular mammograms is an important part of your ongoing health care.



Early detection is key

A mammogram is an X-ray of your breast. It is done to look for early signs of breast cancer. Mammograms are important because women may not feel the symptoms of breast cancer. Talk with your doctor about your risk for breast cancer.

Receive your reward

Bring the attached voucher to your mammogram appointment and have the person who does the screening fill it out. Then mail it to South Country Health Alliance to receive your reward!

- If you are over 40, you should have a mammogram every year, even if you are in good health.
- Find out if your doctor thinks you should have a mammogram, even if you are not yet 40 years old.

SOUTH COUNTRY
HEALTH ALLIANCE

Be Rewarded™ Mammogram Voucher

All women over 40* who are current SCHA members can redeem this voucher for a reward after having their annual mammogram.

To be completed by the provider:

Clinic: _____ Date of Mammogram*: _____

Member Name: _____ SCHA ID#: _____

Date of Birth: _____

Provider Signature: _____ Date: _____

* Women under 40 are also eligible if their doctor has recommended a mammogram. Member must be enrolled with SCHA on the date of service.

Voucher expires 30 days after date of service.

Take Charge![™] and Be Rewarded[™]

Health or Wellness or
Prevention Information

Attention: For free help translating this information, call Member Services between 8am-8pm, Mon-Fri.: **1-866-567-7242** or TTY: **1-877-824-5611**

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم الموجود أعلاه.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយកម្រៃឥតមាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទ ទៅលេខនៅខាងលើ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite gornji broj.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no dawb, thov hu rau tus xov tooj saud.

ໂປຼດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງໂທຮຕາມເລກໂທຮທີ່ຢູ່ຂ້າງເທິງນີ້.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsa armaa olii bilbili.

Внимание. Если вам нужна бесплатная помощь в переводе этой информации, позвоните по указанному выше телефону.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjama dda macluumaadkani oo lacag la'aan ah, wac lambarka kore.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al número que aparece más arriba.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi số nêu trên.

This information is available in other forms to people with disabilities by calling 1-866-567-7242 (toll-free) or 1-877-824-5611 (TTY for the hearing impaired), or 711, or through the Minnesota Relay at 1-800-627-3529 (TTY, Voice, ASCII, Hearing Carry Over), or 1-877-627-3848 (speech to speech relay service).

LBS-0013 (10-09)



To receive your reward,
complete and mail this voucher to:
South Country Health Alliance, Attn: Health Promotions
110 W. Fremont Street, Owatonna, MN 55060

SOUTH COUNTRY
HEALTH ALLIANCE

Member Services:
8am-8pm, Mon-Fri
1-866-567-7242
TTY: **1-877-824-5611**
Fax: 507-444-7774

Please tell us where to send your reward*:

Name: _____

Address: _____ Apt: _____

City: _____ State: _____ Zip: _____

*Please allow 4 weeks for receipt of reward