



What You Need to Know About Mammograms

WHAT IS A MAMMOGRAM?

A mammogram is an X-ray image of your breasts. This test can help identify if you have cancer, sometimes even before you have any symptoms. Mammograms have lowered the death rate from breast cancer by at least 40% over the last 30 years.

WHO SHOULD GET A MAMMOGRAM? HOW OFTEN?

Anyone ages 40 and up who has breasts should get a mammogram every year.

HOW CAN I SCHEDULE A MAMMOGRAM?

Call Intermountain Healthcare at **801-507-7840**.

Sources:

intermountainhealthcare.org/Services/Imaging%20Services/Services/Mammogram/Mammography%20Campaign?gclid=EAlaIqobChMIgsvumrXL9wIVmTytBh2eCQX6EAAYASAAEgL3xPD_BwE

mayoclinic.org/tests-procedures/mammogram/about/pac-20384806



WHAT DOES MY MEDICAID MEMBER CARD LOOK LIKE?

Remember to bring your Medicaid ID card to every appointment or when you go to the pharmacy. Your Medicaid Member Card will look like this:



DO NOT lose or damage your card or give it to anyone else to use. If you lose or damage your card, call the Department of Workforce Services (DWS) at **1-866-435-7414** to get a new card.



Getting the right care at the right time



NURSE LINE

Not sure if you should go to your doctor, urgent care, or the ER? Call Intermountain Health Answers® 24/7 to talk to a nurse who can help. To reach Health Answers, call **844-501-6600**.



PRIMARY CARE PROVIDER (PCP)

A PCP can help you stay healthy and see you faster when you are sick. When it's not an emergency, see your PCP instead—many clinics are open after 5:00 p.m. Can't find a doctor? Call Member Advocates at **800-515-2220**.



TELEHEALTH

Need care right away, but you can't get to your doctor or urgent care? Use Intermountain Connect Care® anytime, anywhere to visit with a doctor using a smartphone or computer. Download the app or visit **intermountainconnectcare.org**.



URGENT CARE

Is your doctor's office closed? Intermountain InstaCare® locations are open every day until 7:00 p.m. or later. Download the SelectHealth app to find a location, view wait times, and get in line. Questions? Call Member Services at **855-442-3234**.

NEED HELP GETTING TO THE DOCTOR?

See *Transportation Services* in your Member Handbook or call Member Services at **855-442-3234**.

NEED HELP WITH FOOD, HOUSING, OR UTILITIES?

2-1-1 has the answers you need. Visit **211utah.org** or dial 2-1-1 on your phone.

Affordable Connectivity Program

What is it? The Affordable Connectivity Program is a Federal Communications Commission (FCC) program that could help families and households pay for internet service. To learn more visit **affordableconnectivity.gov**.

DID YOU KNOW THAT SELECTHEALTH HAS OTHER NEWSLETTERS?

Check out our Health Updates newsletter! It has lots of useful information about your plan and benefits. Click here to see it:

selecthealth.org/-/media/selecthealth/files/forms-and-pdfs/wellness/1440809_2021_ncqa_newsletter_md.ashx

If you or a loved one have Diabetes, Asthma, or COPD, we have specific newsletters for each of these conditions. You can find them here:

selecthealth.org/wellness/newsletters

NO LONGER QUALIFY FOR MEDICAID?

If you no longer qualify for Medicaid, you can still stay with SelectHealth! We offer many types of plans, including: Children's Health Insurance Program (CHIP), Medicare, Individual Plans that could include tax credits through **Healthcare.gov**, short-term coverage, and employer plans. Our Member Services team is happy to answer any questions about keeping your current doctors and maintaining care while changing plans. Please call us at **800-538-5038**.

Language Services

HOW CAN I GET HELP IN OTHER LANGUAGES?

If you are deaf, blind, have a hard time hearing or speaking, or if you speak a language other than English, call Member Services at **801-442-3234** or toll-free at **855-442-3234**. We will find someone who speaks your language, free of charge.

If you are hard of hearing, call Utah Relay Services at 711 or **801-715-3470** or toll-free at **800-346-4128**. Utah Relay Services is a free public telephone relay service or TTY/TTD. If you need Spanish relay services, call **888-346-3162**.

If you feel more comfortable speaking a different language, please tell your doctor's office or call Member Services. We can have an interpreter go with you to your doctor visit. We also have many doctors in our network who speak or sign other languages.

You may also ask for our documents in any language you need by calling our Member Services team.





Health and wellness or prevention information

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The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your doctor if you have any questions or concerns. The information that is contained in this newsletter does not guarantee benefits. If you have any questions about your benefits or need to confirm your benefits, call Member Services at **855-442-3234**. SelectHealth complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Español

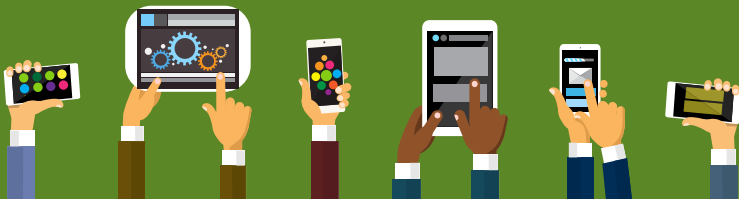
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-538-5038** (TTY: 711).

繁體中文

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-800-538-5038** (TTY: 711)。

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DON'T MISS A BEAT



If you would like a paper copy of this newsletter, please call Member Services at **800-538-5038**

Receive the annual Health Updates newsletter online at selecthealth.org/wellness-resources/newsletters

This newsletter is pretty important. It contains information on topics such as:

- > Our Utah Health Plan Performance Quality of Care Report
- > How to use your pharmacy benefits
- > Where to get the right care when you need it
- > Info about out-of-area coverage
- > How to connect with a Care Manager
- > When to call 911
- > Your rights and responsibilities
- > The appeals process