

Dear Member,

Family Health Network wants to remind you to get your annual mammogram. By having a mammogram you are taking a step to promote good health.

Did you know that developing breast cancer increases with age? A woman in the U.S. has a 1 in 8 chance of developing breast cancer. And, 80% of women who get breast cancer have no past family history of the disease. Mammograms and breast exams don't prevent breast cancer, but can help find it early when it is most treatable.

You should receive your first mammogram screening at age 40 and continue to receive them once a year. Talk with your doctor to see if you should get a mammogram more or less often. You may need to be screened more frequently to prevent disease.

As a special incentive, Family Health Network is offering you a **\$25.00 Payless Shoe Source Gift Card** when you have a mammogram. You can receive this incentive once a year. To receive this gift card, have the technician who does your mammogram complete this certificate at the bottom. Please mail it back to Family Health Network.

Call your doctor today to set up an appointment. If you have any questions, please call FHN Member Services at 1-888-346-4968. Early detection can save your life.

Sincerely,

*Family Health Network Medical Management*

9/11

### Family Health Network Mammogram Incentive Form

Name: \_\_\_\_\_ Recipient ID#: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Date of Mammogram: \_\_\_\_\_

Address: \_\_\_\_\_

Place of Service: \_\_\_\_\_ Office Stamp: \_\_\_\_\_

Signature of Office/Technician: \_\_\_\_\_