

CARE FOR YOURSELF & WISEWOMAN

IOWA'S BREAST & CERVICAL CANCER EARLY DETECTION PROGRAM WITH A FOCUS ON CARDIOVASCULAR DISEASE SCREENINGS

WHO QUALIFIES?

- Individuals ages **40 to 64** years old
- Those with no insurance or would struggle to pay
- Those who have a monthly income of \$2,832* (net) or less.

**Add \$983 for each additional person in the household.*

WHAT SERVICES ARE AVAILABLE?

- PAP & HPV tests and pelvic exams
- Clinical breast exams
- Mammograms
- Heart disease & stroke risk factor screening
- Blood pressure readings
- Cholesterol and diabetes blood test
- Health coaching sessions & lifestyle programs

HOW DO I ENROLL?

Enrollment is simple! Contact Victoria Means, Local Coordinator at 712-243-7443 or meavd@casshealth.org

SCAN ME!



**CARE FOR
YOURSELF**
Breast & Cervical
Cancer Screening

IDPH
IOWA Department
of PUBLIC HEALTH

 **Cass Health**

