



## DID YOU KNOW

1 in 8 individuals with breast or chest tissue will be diagnosed with breast cancer in their lifetime.

The screening tests for breast cancer include an office visit with your healthcare provider, a breast exam and a mammogram, if eligible.



## DID YOU KNOW

Nearly all cervical cancers can be prevented if a person is screened regularly.

The screening test for cervical cancer is a Pap test, an HPV test, or both. Regular testing gives you the best chance of preventing cervical cancer.



## You may be eligible for free cancer screenings!

### You may qualify for these services:

- Clinical breast exam
- Mammogram
- Pap test and HPV test
- Pelvic exam
- Diagnostic tests
- Assistance with transportation
- Assistance making appointments

**Call today to see if you qualify for free cancer screenings.**

I am 21 years or older **AND** my income is below 250% of the Federal Poverty Level or \$3,137 monthly income for a household of one.

### What if I'm diagnosed with breast or cervical cancer?

If you need treatment for breast or cervical cancer and are uninsured, you may be eligible for Medicaid to pay for treatment.

If you need this service, the Iowa Care for Yourself program can help guide you through the process.

**Call 1-866-339-7909**



If you need accommodations for hearing or speech, call 711 for the Telecommunications Relay Services line.

**OR**



Scan the QR code to visit [hhs.iowa.gov/public-health/cancer/cfy](https://hhs.iowa.gov/public-health/cancer/cfy)



**Cancer doesn't wait.  
Screening shouldn't either.**

Early stages of cancer usually have no symptoms. Screening tests can find cancer before any signs or symptoms develop. That's why it is important to be screened regularly.

The Care for Yourself program provides free or low-cost breast and cervical cancer screenings to qualified Iowans.

Regular screening is the best way to prevent and detect cancer in its earliest stages. There are many program sites serving people across the state of Iowa.

**Call the Iowa Care for Yourself program today at 1-866-339-7909 to find a program near you.**

**Getting screened could save your life.**



## Iowa Care for Yourself Program

Iowa Department of Health and Human Services

1-866-339-7909

[hhs.iowa.gov/  
public-health/cancer/cfy](https://hhs.iowa.gov/public-health/cancer/cfy)



## Care for Yourself The Iowa Breast & Cervical Cancer Early Detection Program



Health and  
Human Services

Public Health

*This material is supported in part by Cooperative Agreement NU58DP007103-01 funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.*



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