



Human Resources

Division of Administration
& Finance



October is ***Breast Cancer Awareness Month***, and this fall HR POWER UP Employee Wellness will partner with **The Rose** to deliver on-site mammograms to UH female faculty and staff who have yet to receive their annual screening. Mobile **Mammography screenings** will occur on campus **Wednesday, Oct. 30** and **Thursday, Oct. 31, 2024, from 9:00 a.m. to 3:20 p.m.**, in The Rose's state-of-the-art mobile mammography unit which will be located in **Lot 19F between the Power Plant and Technology Annex** (near the M.D. Anderson Library).

Because many women report time away from work as one of the main reasons for missing their annual exam, HR POWER UP brings mobile mammograms to campus 1-2 times a year. Please take advantage of this convenient on-campus opportunity to receive your screening by going online to **REGISTER** (Code: **UHCR**) for an appointment today. If you have difficulty registering, call 281-464-5136 for help in making your appointment in English or Spanish. **The deadline to register is Wednesday, Oct. 16 by 5:00 PM.** (Please register early as *a minimum of 20 participants will be required by the deadline to hold the mammography clinic onsite and limited spots will be available.*)

The 3D mammography exam typically takes about 15 minutes and requires a doctor's order. Considered preventive care, the mammography screening is covered by most **insurance carriers**. Eligible employees with **Blue Cross Blue Shield of Texas HealthSelect** may participate with no co-pay and no additional out-of-pocket expense. Those with other insurance are encouraged to call or visit **The Rose** online to determine their eligibility status to participate at no-cost. If you have questions about coverage, the no-

insurance sponsorship program, or any other aspects of the exam, please contact the The Rose directly for assistance.

To participate in mobile mammography screenings, you must:

- **Be due for a breast exam and have a doctor's order** (Request this from your PCP/GYN and email it to mobileteam@therose.org / fax to 281 484-7083. Indicate you are a UH employee.)
- Be 40 years of age or older (Those 35 - 39 years of age must have a family history of breast cancer to be covered at 100% by insurance. *The first diagnosis code on the order must be family history of breast cancer, and then screening for neoplasm.*)
- Not be pregnant or currently breastfeeding.
- Not have any breast symptoms or problems.
- Not have been diagnosed with breast cancer within the last 2 years.
- Not have had a mammography screening in the last 12 months.

Because yearly screening can lead to early detection, improved treatment options, *AND* most importantly, survival, I strongly encourage you to make your personal health and well-being a priority. **PLAN TODAY** to receive your mammography screening! **REGISTER** online (Code **UHCR**) and then contact your PCP/GYN for a doctor's order to be sent to The Rose, or schedule a mammography exam with your PCP/GYN today.

Sincerely,

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