



Horizon NJ TotalCare (HMO D-SNP)
 Three Penn Plaza East
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HorizonBlue.com/DSNP



98.9%
**THAT'S THE SURVIVAL RATE
 FOR BREAST CANCER
 WHEN IT'S CAUGHT EARLY.**



**A mammogram could save your life – call
 your doctor to make an appointment today!**



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Reduce Your Chance for Breast Cancer

Breast cancer is the second most common cancer for women. One in eight women will develop breast cancer in their lifetime. Mammograms can catch cancer early on, and early detection can save your life.

The good news is you can reduce your risk.

- **Maintain a healthy weight.** Being obese after menopause is linked to higher rates of breast cancer.
- **Keep active.** Aim for at least a total of 150 minutes of moderate-intensity aerobic activity a week. Always check with your doctor before starting any exercise.
- **Avoid alcohol.** The more you drink, the higher your risk. Limit how much you drink, or don't drink at all.
- **Schedule regular screenings.** Women ages 40 to 74 should get a mammogram every two years. Women at high risk for breast cancer should get a mammogram every year, and sometimes additional kinds of tests are recommended. If you are at high risk, talk to your doctor.
- **Talk to your doctor.** Ask questions and talk about any health concerns or medicine(s) that you take.



Schedule Your Mammogram Today

Routine mammograms can catch breast cancer before you have symptoms, take only about 20 minutes and are no cost to you.

Here's how to schedule this important screening:

1. Call your doctor and ask for a mammogram prescription. You can find a provider at horizonNJhealth.com/findadoctor.
2. Once you have your prescription, call a participating radiology center to make your appointment.

✓ Need help finding a participating radiology center?

✓ Have difficulty getting to your appointments?

✓ Something holding you back from scheduling a mammogram?

We are here to help! Please call your Care Manager, <CM Name>, at **1-888-621-5894 x<CMEXT>** TTY (711), weekdays, 8 a.m. to 5 p.m., Eastern Time (ET).



Don't Forget Your Rewards

You can get a **\$50 reward** through the Horizon *Healthy Journey* Rewards Program when you complete a mammogram between **January 1, 2025** and **December 31, 2025**.

To get your reward, visit HorizonExtraBenefits.com to fill out and submit a Health Screening Attestation Form by **January 31, 2026**. Once confirmed, your reward will be loaded onto your Horizon EXTRA Benefits Card. If you need help, call Horizon EXTRA Benefits Card Member Services at **1-800-480-6598** (TTY 711), weekdays, 8 a.m. to 8 p.m., ET.

Sources: American Cancer Society. *Breast Cancer*. Retrieved **April 7, 2025** from cancer.org/cancer/types/breast-cancer; Centers for Disease Control and Prevention. *Breast Cancer*. Retrieved **April 7, 2025** from cdc.gov/cancer/breast.