

What is Women's Health Check

Women's Health Check (WHC) provides FREE Breast and Cervical Cancer Screenings and Diagnostic Testing for women who qualify.

Service providers include public health districts, primary care offices, hospital systems, mobile mammography services, community health centers, and more.

Local Coordinators across the state can answer questions about eligibility, covered services, and can also enroll women into the program.



Why screening is important.

Cancer screenings are important because they can prevent, and detect cancer early, increasing your chance of living past a cancer diagnosis.

Cervical cancer can be prevented through regular screenings and HPV vaccinations.

Resources

Local Coordinators across Idaho can provide more information and assist in WHC enrollment. Call one in your area today.

- **Panhandle Health District**
208-415-5140
- **Southwest District Health**
208-365-6371 ext. 5601
- **South Central Public Health District**
208-737-5900
- **Southeastern Idaho Public Health**
208-239-5207
- **Eastern Idaho Public Health**
208-533-3209
- **Terry Reilly**
208-466-7869 ext. 1223
- **Full Circle Health**
208-954-8718
- **Saint Alphonsus Breast Care Center**
208-367-8332



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Breast and Cervical Cancer Screening



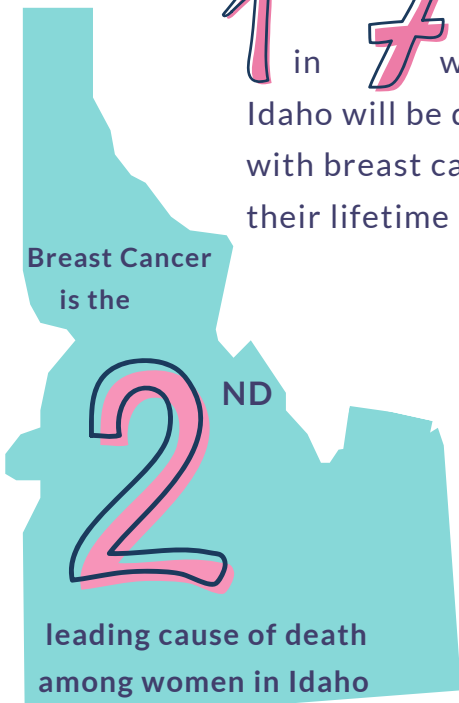
You may qualify for FREE and potentially life-saving cancer screening



WOMEN'S
HEALTH CHECK

Breast and Cervical Cancer in Idaho

1 in 7 women in Idaho will be diagnosed with breast cancer in their lifetime



If caught early, 9 out of 10 women with Breast or Cervical Cancer will still be alive in 5 years after diagnosis



Breast & Cervical Cancer Medicaid

Women screened or diagnosed with cancer and certain precancers through WHC may be eligible to receive treatment through Breast and Cervical Cancer Medicaid.

Screening Guidelines

Women who are enrolled in WHC are eligible for breast and cervical cancer screening as indicated below:

- **Breast:** Annual mammogram starting at age 50
- **Cervical:** Pap Test and/or HPV Test every 3-5 years starting at age 21

Enrollment Eligibility

- No health insurance or Medicaid
- US Citizen or Legal Permanent Resident for at least five years
- Low Income
- Ages 21-64

Reach out to a Local Coordinator (see back page) in your area to find out if you are eligible for WHC services.

Ways to reduce the risk of cancer

- Exercise regularly
 - Eat a healthy diet
 - Limit alcohol intake
 - Avoid smoking and nicotine products
 - Know risks of oral/hormonal contraceptives and monitor your body changes
 - Get routine cancer screenings (Pap/Mammogram)
 - Breast-feed if possible
 - HPV Vaccination
 - Practice safe sex (use condoms /dental dams)
- *key: specific to **BREAST**, **CERVICAL**, **BOTH** *

