

if you've got it, check it

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Care for Yourself

A program of the Iowa Department of Public Health, the **Care for Yourself** program offers free or low-cost healthcare services to eligible Iowans.

To check your eligibility and enroll:
call 1-866-339-7909

After you enroll, you may ask for an appointment with a trans-friendly provider.

**Live healthy,
Live proud,
and Care for Yourself.**

You may be eligible for these services:

- ◇ Clinical breast exam;
- ◇ Mammogram
- ◇ Pap test
- ◇ Pelvic exam
- ◇ Limited diagnostic tests; and
- ◇ Assistance with making appointments and transportation

If you meet these guidelines:

- ◇ Are 40 years or older; OR
- ◇ Are under 40 and have breast cancer symptoms
- ◇ Have a monthly income of \$2602 (net) or less.
*Add \$921 for each additional person.
- ◇ Have no health insurance; OR
- ◇ Have health insurance, but are unable to pay co-payment or deductible; OR
- ◇ Have health insurance, but need help to be sure you get screened.

i'm a transgender man.
what screenings do i need?

If you have not had reconstructive surgery,
you need regular Pap tests and mammograms.

i'm a transgender woman taking hormones.
what screenings do i need?

Hormones increase your risk of breast cancer.
Schedule regular breast cancer screenings.

i've had top surgery.
do i still need screenings?

Yes, you are still at risk for cancer.
You can skip the mammogram, but you still need
regular exams from a healthcare provider.

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