

A vertical rainbow flag with six horizontal stripes of equal width: red at the top, followed by orange, yellow, green, blue, and purple at the bottom. The text is centered horizontally and overlaid on the flag.

Live Healthy

Live Proud

Care for Yourself

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 Max at 515-288-4019 ext. 3
or 1-866-339-7909**

Ask us how to request an appointment with an LGBTQ-friendly provider.

Learn More at:
bit.ly/CFY-Onelowa



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You may be eligible for these services:

- ◇ Clinical breast/chest exam;
- ◇ Mammogram
- ◇ Pap test
- ◇ Pelvic exam
- ◇ 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 \$2658 (net) or less.
*Add \$934 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.