

# Show Me Healthy Women



**You take care of others. Take care of yourself, too.**

When caught early, cervical and breast cancers can be treated and even beaten. A lack of insurance does not have to be a roadblock for you.

Show Me Healthy Women offers free cervical and breast cancer screenings to women who qualify. Tests include clinical breast exams, mammograms based on age or need, pap tests and pelvic exams.

The program serves about 10,000 women each year across Missouri. The screenings have found more than 200 breast cancers and 70 to 90 cervical cancers.

## Do I qualify?

You must:

- Meet income levels
- Be ages 35 to 64, or older if you do not have Medicare Part B, **and**
- Have no insurance to cover the tests

If your income is at or below 200 percent of the federal poverty level, you can qualify. For example, a 37-year-old single mom with two children who makes \$40,840 a year or less can take part if she does not have insurance.

## How do I enroll?

The program is available at Golden Valley Memorial Healthcare. To learn more or make an appointment, please call 660.890.8411.



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