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www.careoregon.org

<Member Name>
<Street Address>
<City, State, Zip>

<Date>

Dear CareOregon Member:

We at CareOregon are committed to helping you stay well and live a healthy life. Getting regular health exams and the right screening tests and immunizations (shots) are important to staying healthy.

We want to tell you about two cancer screening tests that are important to a woman's health. We suggest you talk with your doctor about which of these two tests is right for you at this time.

- Breast Cancer Screening - A mammogram and breast exam is recommended every 1 – 2 years for women age 40 and older. Finding breast cancer early greatly increases the chances of surviving this disease.
- Cervical Cancer Screening - A Pap Smear test is recommended every 1 – 3 years by age 21 or when sexual activity starts for all women. This test can find cervical cancer or abnormalities that can lead to cervical cancer. Some women who have had hysterectomies may need to continue Pap tests. Please discuss this with your provider to see what tests you need.

Our records show that you may be due for the following:

- <Breast Cancer Screening>
- <Cervical Cancer Screening>

We ask that you check with your doctor to see what tests or screenings you need to keep you healthy and schedule any needed appointments today. We realize that if you have recently seen your doctor, our records may not yet show the visit.

We wish you good health!

Margaret S. Rowland, MD
Chief Medical Officer, CareOregon