



Human Resources

Division of Administration
& Finance



Because many women report time away from work as one of the main reasons for missing their annual exam, HR POWER UP Employee Wellness will bring mobile mammography screenings to campus **Monday, April 14, from 9:00 a.m. to 3:30 p.m.**, in The Rose's state-of-the-art mobile mammography unit, which will be located in [Lot 19F](#) **between the Power Plant and Technology Annex** (near the M.D. Anderson Library).

Eligible UH female faculty and staff who have yet to receive their annual screening are encouraged to take advantage of this convenient on-campus opportunity by going online to [REGISTER](#) (Code: **UHCR**) for an appointment today. A limited number of appointments are available, so please register early and by the **appointment deadline of March 31, at 5:00 p.m.** If you have difficulty registering, please call 281-464-5136 for help

in making your appointment in English or Spanish.

The 3D mammography exam requires a doctor's order and typically only takes about 15 minutes. Considered preventive care, the mammography screening is covered by most [insurance carriers](#). Eligible employees with [Blue Cross Blue Shield of Texas HealthSelect](#) may participate with no co-pay and no additional out-of-pocket expense. Those with other insurance are encouraged to call or visit [The Rose](#) online to determine their eligibility status to participate at no-cost. If you have questions about coverage, the no-insurance sponsorship program, or any other aspects of the exam, please contact the The Rose directly for assistance.

To participate in mobile mammography screenings, you must:

- **Be due for a breast exam and have a doctor's order** (Request this from your PCP/GYN and email it to mobileteam@therose.org / fax to 281 484-7083. Indicate you are a UH employee.)
- Be 40 years of age or older (Those 35 - 39 years of age must have a family history of breast cancer to be covered at 100% by insurance. *The first diagnosis code on the order must be family history of breast cancer, and then screening for neoplasm.*)
- Not be pregnant or currently breastfeeding.
- Not have any breast symptoms or problems.
- Not have been diagnosed with breast cancer within the last 2 years.

- Not have had a mammography screening in the last 12 months.

Make your personal health and well-being a priority. PLAN TODAY to receive your annual screening. Yearly screening can lead to early detection, improved treatment options, *AND* most importantly, to survival. [REGISTER](#) online (Code **UHCR**) and then contact your PCP/GYN for a doctor's order to be sent to The Rose -- or schedule a mammography exam with your PCP/GYN today!

Sincerely,

Gabriela Ortiz, MD
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