



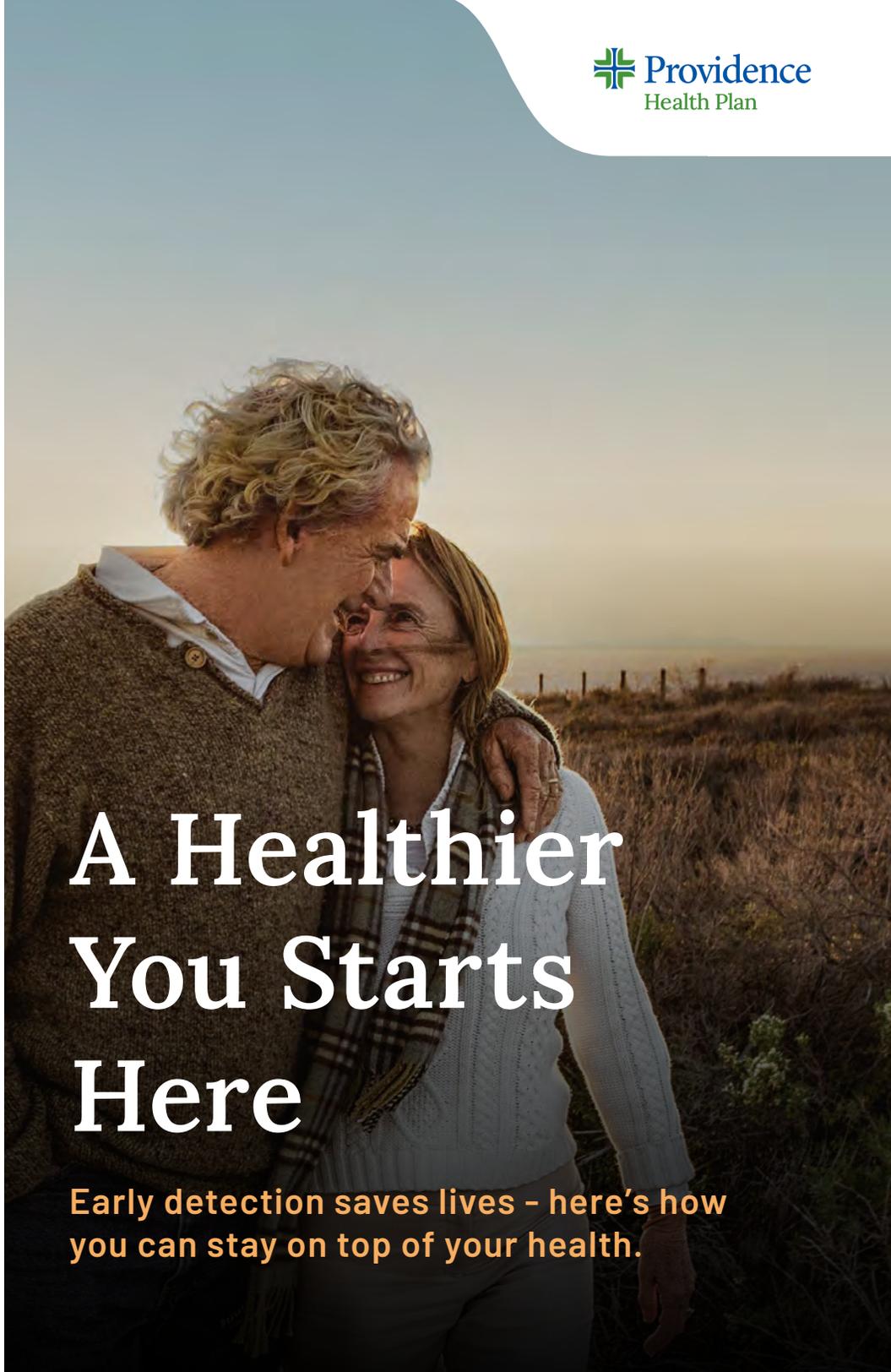
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Member Newsletter
Providence Health Plan

Health For All

We are committed to working alongside the communities we serve, learning about unique healthcare challenges, and creating tangible solutions to make healthcare more equitable and accessible.

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A photograph of an elderly man and woman embracing in a field at sunset. The man is on the left, wearing a brown sweater, and the woman is on the right, wearing a white sweater and a plaid scarf. They are both smiling and looking at each other. The background shows a field of dry grass and a fence under a warm, golden sky.

A Healthier You Starts Here

Early detection saves lives - here's how you can stay on top of your health.

Stay ahead with screenings

Regular checkups can help catch Prostate cancer early, when it's most treatable.

Don't wait for symptoms. **Log in to myProvidence** to schedule your yearly physical with your Primary Care Provider.

Breast cancer and the power of early detection.

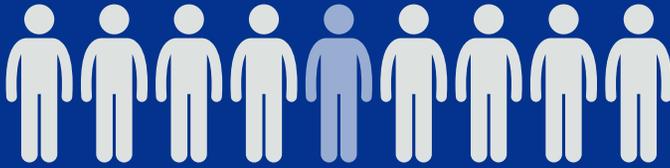
Taking charge of your health today could save your life tomorrow. If you're 40 or older, it's time to schedule your mammogram. With Providence Health plan, staying on top of screenings is easier than ever.



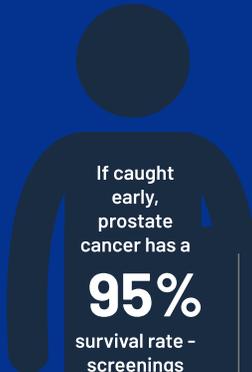
Interested in scheduling a mammogram?

Call **844-831-7768** to schedule an appointment, or scan the QR code to request one online.

1 in 8
men will be diagnosed with prostate cancer in their lifetime



1 in 8
women who live to the age of 70 will develop breast cancer



95%
survival rate - screenings can catch it early



60%
of cases are diagnosed in men over the age of 65



2X
family history of prostate cancer can double the risk of getting the disease

PROACTIVE STEPS YOU CAN TAKE:

Schedule an annual physical with your Primary Care Provider and discuss what screenings are right for you.



50%
of diagnoses occur between the ages of 55 and 74.



40+
all women 40 and over should get annual mammograms

DETECT EARLY!

When breast cancer is caught early, before it spreads, the survival rate is nearly 100%

If you are 40 or over, make sure your annual mammogram is scheduled. Early detection saves lives!



Help us, help you

We'd love to get to know you better! Simply **log in to myProvidence** and complete the optional member race, ethnicity, language and disability survey. Survey results will help us understand you better so we can improve our service to you.

Sources: American Cancer Society, Key Statistics for Prostate Cancer; SEER, Cancer Stat Facts: Breast & Prostate; ACS, Breast Cancer Facts & Figures.

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