Here is all you need to do!

You do not need a referral from your physician to schedule a screening mammogram. You will need to designate a physician to whom you would like the results sent.

Choose a mammography facility from the enclosed list that is convenient for you. Many of them offer evening and Saturday appointments.

Call the mammography facility and tell them you would like to schedule a screening mammogram.
Taking care of your own health is important. This includes seeing your health care provider for a breast exam and having a mammogram every year. It is also a good idea to periodically have a medical check-up to make sure you don’t have other problems that require treatment. For example, you could have a Pap test to check for cervical cancer at the same time you see your health care provider for your breast exam.

If you have any questions about this, please call our office at ______________ (phone number). We will be happy to assist you Monday to Friday from _____ AM to _____ PM.

Sincerely,

(Health care provider)