

Call us toll-free:
1-800-511-2300

or visit:
dhcs.ca.gov/OPL

English, Spanish, Arabic, Armenian, Cambodian/Khmer, Cantonese, Farsi, Hindi, Hmong, Japanese, Korean, Laotian, Mandarin, Punjabi, Russian, Tagalog, Thai, and Vietnamese.

(available 24/7)

To get these free tests to check for breast and cervical cancer, you must:

- Live in California.
- Meet the age requirements.
- Have no or limited health insurance.
- Have health insurance with a co-payment or deductible you cannot afford.
- Have low household income.

Statement of Non-Discrimination

The California Department of Health Care Services complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Language Assistance Services

Si habla español, usted puede conseguir ayuda para entender este documento, hablando con su proveedor de atención primaria del programa EWC o llamando al Contratista Regional de su condado. Los teléfonos del Contratista Regional se encuentran abajo. Esta asistencia lingüística es gratis.

如果您說漢語，我們可以幫助您瞭解這份文檔。請諮詢您所在地EWC附近診所或當地負責聯絡人。當地負責人電話見下文，他們會免費提供說明服務。



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English 2020

**EVERY WOMAN
COUNTS**

Free Breast & Cervical Cancer Screenings

What is the Every Woman Counts program?

The Every Woman Counts program provides free breast and cervical cancer screening and follow-up services. This includes mammograms, Pap, and HPV tests to eligible women in California. As women get older their chance of getting breast and cervical cancer increases. Women should be screened regularly for breast and cervical cancer by a doctor.



Why should you get a mammogram?

- When breast cancer is found early, it is easier to treat.
- Mammograms can find breast cancer that is too small for you or your doctor to feel.

How often should you get a mammogram?

If you're 40 years or older talk to your doctor about when and how often you should be screened for breast cancer.

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Every Woman Counts offers free:

- Mammograms:
 - Screening for women age 40 years and older; and
 - Anyone with symptoms at any age.
- Pap tests for women age 21 years and older.
- Pap & HPV co-testing for women age 30 years and older.
- Follow-up tests if needed.

Some warning signs and/or symptoms of breast cancer include:

- Lump, mass, or swelling in the breast or underarm;
- Changes in size or shape of the breast;
- Change in skin texture and color (dimpling, puckering, redness, scaly skin, or thickening) of the breast or nipple;
- Nipple retraction or inversion;
- Nipple discharge; and/or
- Breast pain.

Please note that these warning signs and/or symptoms may occur with conditions other than breast cancer.

Why should you get a cervical cancer screening?

- The Pap test looks for cell changes in the cervix that may lead to cancer.
- The HPV test looks for the virus that can cause cell changes in the cervix.
- Finding and treating cell changes early can prevent cervical cancer.



How often should you get a cervical cancer screening?

- Women age 21 and older get Pap test every 3 years.
- Women 30 years and older have a choice to be screened with:
 - Pap test every 3 years
 - Pap & HPV co-testing every 5 years
 - HPV alone every 5 years