BreastCare
Say Yes to a Mammogram!

Tips for Getting Your Screenings

For Your Mammogram (The day of your appointment):

1. Wear a top that you can easily take off for the exam.
2. Do not wear powder, deodorant or cream.
3. Try not to have your mammogram the week before you get your period or during your period. Your breasts may be tender or swollen then.

For Your Pap Test (Two days or 48 hours before):

1. Do not douche.
2. Do not use vaginal medication, creams or jelly contraceptives.
3. Do not have sexual intercourse.

To withhold information or to give false information to the Arkansas Department of Health in order to receive services from BreastCare may constitute fraud, which is against the law. Fraud may be punished by imprisonment, a fine or both.

Arkansas Department of Health
Keeping Your Hometown Healthy

(04/15)

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Welcome to BreastCare

BreastCare is a program of the Arkansas Department of Health. We provide you with these services at no cost:

- Clinical Breast Exams
- Mammograms
- Pap tests
- Diagnostic tests, if needed
- Follow-up tests, if needed

Your appointments are made with our health care providers.

Your BreastCare provider will refer you for a mammogram.

If you received services before the date you enrolled, they will not be covered by BreastCare.

What You Need To Do

1. Take your BreastCare card to all appointments.
2. Choose a BreastCare provider. You will be responsible for any bill from a non-participating provider. Visit ar.gov/BreastCare to find a provider near you.
3. Always call to reschedule if you cannot keep your appointment.
4. Call your BreastCare provider with any changes in address and phone numbers or if you lose your BreastCare card.
5. Call your BreastCare provider to re-enroll the month your card expires if your health care plan does not cover these services.
6. Make sure all BreastCare providers have your BreastCare identification number. Providers cannot bill without your number.

Arkansas Department of Health
Keeping Your Hometown Healthy

ARBreastCare.com

BreastCare Coverage

- See the following lists for covered and non-covered services that can be paid for by BreastCare.
- There may be a limit to services. Ask your doctor to make sure you are within these limits.
- If you are billed for a service that should be covered, call 1-855-661-7830. You must pay for any non-covered services.
- Benefits and eligibility may change.

Services not paid for by BreastCare include, but are not limited to those listed below:

- Screening or Treatment of Sexually Transmitted Infections (STIs)
- Ductogram
- Post-treatment Follow-up
- Screening Ultrasounds
- 3D Mammogram
- Experimental Therapies/Unproven Methods
- Second Opinions
- Medicine/Prescriptions
- CT Scans
- Emergency Room (ER) Visits
- Ambulance
- Chest X-Rays

Services Covered

Breast*
Office visits
Breast x-ray (screening and diagnostic mammogram)
Breast x-ray with a different view (computer-aided detection)
Breast biopsy (stereotactic localization, needle core, incisional, clip placement if needed)
Breast ultrasound (diagnostic, cyst aspiration, needle biopsy)
Draining fluid from cyst in the breast (cyst aspiration)
Open and drain abscess (simple/complicated)
Removal of cyst (fibroid, lesion or tumor)
Numbing agent (anesthesia) for breast biopsy
Review by radiologist (surgical specimen)
MRI**

Cervix*
Office visits
Pap Test/HPV DNA test (screening)
Colposcopy/biopsy (cervical, endometrial, vaginal)
Removal of abnormal tissue (endocervical curettage)
Pathology
Lab tests: Basic Metabolic Panel (BMP), Complete Blood Count (CBC), Comprehensive Metabolic Profile (CMP), Hemogram and platelet count (pre-op)
Pelvic Ultrasound**

*You are limited to a certain number of services per year. If you go over that limit, you may have to pay for services. Check with your doctor to make sure that you are staying within these limits. If you have questions, please contact BreastCare at 501-661-2942.

** Must meet criteria and be pre-approved through Care Coordinator

Providers
Please see the reimbursement section of the Provider Manual for more information.