



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.

For Your Cholesterol Test

1. Do not eat or drink any food or liquids for 9-12 hours before the test (water is okay).
2. Tell your doctor if you are pregnant or taking birth control pills.
4. Check with your doctor about taking regular scheduled medications.
5. Wait 6 weeks after giving birth, a heart attack, illness, surgery or an accident.

For Your Glucose (Blood Sugar) Test

1. Ask your doctor if there is anything you need to do in advance such as not eating or drinking in order to determine your blood sugar (if fasting is needed).

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



ARBreastCare.com

Welcome to BreastCare and WISEWOMAN

BreastCare and WISEWOMAN are programs of the Arkansas Department of Health. We provide you with these services at no cost:

- Clinical Breast Exams
- Diagnostic tests, if needed
- Blood pressure screening
- Screening for heart disease risk factors
- Lifestyle and health coaching services
- Mammograms
- Follow-up tests if needed
- Glucose (blood sugar) testing

Your BreastCare provider will refer you for a mammogram.

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

The WISEWOMAN Navigator will contact you to complete enrollment in your choice of health improvement program after you have seen your WISEWOMAN provider for screening services.

What You Need To Do

1. Take your BreastCare card to all appointments.
2. Choose a BreastCare/WISEWOMAN 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/WISEWOMAN 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.

BreastCare and WISEWOMAN Coverage

- See the following lists for covered and non-covered services that can be paid for by BreastCare/WISEWOMAN.
- 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 are responsible for the payment of any non-covered services.
- Benefits and eligibility may change.

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

- Treatment for Breast or Cervical Cancer
- 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
- MRIs
- CT Scans
- Emergency Room (ER) Visits
- Ambulance
- Pelvic Ultrasounds
- Chest X-Rays

Services Covered

Breast*

Clinical breast exams

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)

Cervix*

Office visits

Pap Test/HPV DNA test (screening)

Colposcopy/biopsy (cervical, endometrial, vaginal)

Removal of abnormal tissue (endocervical curettage)

Pathology

Selected Lab tests necessary for diagnostic procedures

WISEWOMAN*

Health risk assessment

Blood pressure testing

Cholesterol testing

Glucose (Blood Sugar) testing

Risk Reduction Counseling

Lifestyle or health coaching

*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 still have questions after talking to your provider, please contact BreastCare at 501-661-2942.

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