

The Every Woman Matters Program and Nebraska Colon Cancer Screening Program both offer enrollment, screening and education information to eligible persons in Nebraska. To find out if you are eligible call 1-800-532-2227.

Breast & Cervical Cancer Screening

Services covered for Women ages 40-74

- Clinical Breast Exam (CBE)
- Mammograms
- Pelvic exam and Pap test

Heart Disease & Diabetes Screening

Services covered for Women ages 40-74

- Blood Pressure check
- Cholesterol check
- Blood Sugar (glucose) check

Colon Cancer Screening

Services covered for Nebraska Men and Women 50-74

- Fecal Occult Blood Test (FOBT) for home testing; or
- Colonoscopy - if eligible

Preventive Health Services

Services covered for All clients

- Health and Wellness information
- Referral to quit tobacco use:
Nebraska Tobacco Quitline
QuitNow.ne.gov or 1.800.784.8669

Nebraska Department of Health & Human Services ~ Nebraska Office of Women's & Men's Health
301 Centennial Mall South ~ P.O. Box 94817 ~ Lincoln, NE 68509-4817
402-471-0829 ~ 800-532-2227
www.dhhs.ne.gov/womenshealth ~ www.dhhs.ne.gov/menshealth
dhhs.swm@nebraska.gov ~ dhhs.nicosp@nebraska.gov
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Things you can do to Be Active & Be Healthy

- Aim for 150 minutes of activity each week
- At least 2 days a week do muscle-strengthening activities
- Being active can lower your risk for cancer and other diseases
- Set goals to help you succeed
- "Know Your Numbers" - blood pressure, cholesterol and blood glucose
- Know your family history
- Don't smoke or use tobacco products

Make the Time

for
yourself,
for your
family

Be Active // Be Healthy

Today, Tomorrow, for Life!

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Ask your doctor about the tests you need and when to have them. Call 1-800-532-2227

"Helping Nebraskans Live Healthier Lives"