



Mammograms: Preventive or Medical?

Why have a mammogram?

Breast cancer is the second most common cancer diagnosed in women in the United States, but when breast cancer is detected early, and hasn't spread, the five-year relative survival rate is 99%.* Your chance of getting breast cancer increases as you get older; it is recommended that you have a baseline mammogram done as early as age 35 and each year after, especially if you have a family history of breast cancer or other risk factors.

Preventive

Your Blue Cross and Blue Shield of Nebraska health plan includes a benefit for preventive health screenings like mammograms. Mammograms are X-ray pictures of the breast. Doctors use a mammogram to look for early signs of breast cancer. **Regular mammograms can find breast cancer early, sometimes up to three years before it can be felt.**

There are other breast screenings available like 3D mammograms, ultrasounds and breast MRIs. These screenings may be recommended by your doctor depending on your specific situation. These types of screenings may or may not be covered under preventive or medical benefits – please check your plan benefits before receiving services so you understand what you will be responsible for paying.

Medically Necessary

There are some instances where you may be responsible for some or all of the costs of a mammogram. If you go to the doctor with a symptom – like a lump – the mammogram is considered a "diagnostic test." In that case, you'll need to pay your deductible and coinsurance, or copay, just as you would for other tests your doctor might use to rule out problems.

If you have questions about how your plan covers breast cancer screenings, please call the Member Services number on the back of your member ID card.

*Source: American Cancer Society, www.cancers.org, accessed Oct. 12, 2023