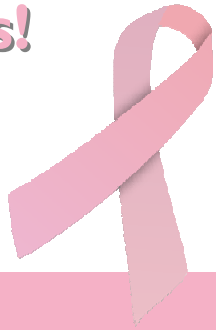


Prevention and Early Detection Saves Lives!

Preventing and detecting breast cancer early will help save more lives. Understand the lifestyle factors that may affect your risk of breast cancer and what you can do to stay healthy. Breast exams, mammograms and other screenings increase the chances of detecting breast cancer early, when they are most likely to be curable.



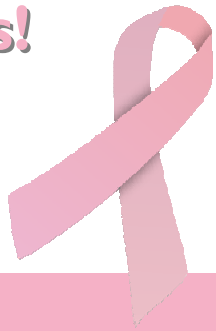
Visit www.provider.bcbs.com or call 888-222-9206 to find a provider near you

Screenings are covered in full by insurance | Follow the American Cancer Society's guidelines for early detection | Get regular, intentional physical activity | Reduce your lifetime weight gain by limiting your calories | Avoid or limit your alcohol intake.



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