

# It's time you put yourself first



You're always putting the needs of others first. It's time you do something for yourself: schedule a mammogram. It only takes about 15 minutes, and it could save your life.

**Why get a mammogram?** Because early detection is protection. Talk to your doctor today about when you should have a mammogram and how often.

**Get healthy. Stay healthy.**



Visit [anthem.com/ca](https://www.anthem.com/ca) to learn more about breast cancer and how early detection saves lives.