

Were you born when bouffants were the rage?



If so, it's probably time for that mammogram.

Look at you! Girl, you make 40-plus look like 20-something! Hairstyles change, but good health never goes out of fashion. When you take care of yourself, it shows. Keep it up by getting screened for breast cancer. Talk to your doctor about when you should have your first mammogram and how often you should repeat it. Breast cancer that is detected early helps save lives. A mammogram can take 15 minutes or less. **That's time well spent.**

Visit MyHealth@Anthem at anthem.com to learn more about breast cancer and how early detection saves lives.

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