



# WOMEN'S HEALTH DAY

Take charge of your health with a convenient wellness experience

## Screenings & Exams

**Fasting Lab Tests:** The day begins with standard laboratory tests as ordered by your provider (prior night fasting required), which give you and your provider useful information about your health. Your results will be reviewed with you before you leave for the day.\*

**3-D Screening Mammogram:** Next, receive a screening mammogram for preventative breast health, as recommended for women 40 and older (or younger if recommended by provider based on family history.) Your results may be reviewed with you before you leave for the day.\*

**Annual Exam:** Then, take another important step in protecting your health. This routine annual exam addresses overall and gynecological health and includes a pelvic exam and cervical cancer screening if recommended for you.\*

**All in one visit!**

Dexa Scan if appropriate: If you are due for a bone density screening, the Dexa Scan will also be scheduled during your health day experience.

**As part of Women's Health day, you will receive reserved parking, a guide for your visit and various tests, and a coupon for a meal in the JCH&L cafeteria - all at no extra cost to you!**

*\*Lab testing results will be reviewed with you at your exam. Mammogram results will be reviewed if available, or will be mailed. Pap test results, if applicable, will be provided by mail.*

## Reserve Your Women's Wellness Experience Now

Women's Health Day takes place at the Jefferson Community Health & Life Health Center and Fairbury Clinic. We will begin with your preferred provider's schedule and arrange the other tests in coordination with that appointment. **Call Ashley at 402.587.5218 to schedule your appointment.**

For screenings and exam, we accept all major insurance plans. Coverage is subject to individual policy terms. Please note not all lab work is considered screening dependent upon your insurance plan and your personal health conditions. Deductibles may apply. Please check with your insurer.

Inspiring a Lifetime of Health

JEFFERSON COMMUNITY  
**Health & Life**

[jchealthandlife.org](http://jchealthandlife.org)



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