The Every Woman Matters Program and Nebraska Colon Cancer Screening Program both offer enrollment, screening and education information to eligible persons in Nebraska. To find out if you are eligible call 1-800-532-2227.

Breast & Cervical Cancer Screening
Services covered for Women ages 40-74
- Clinical Breast Exam (CBE)
- Mammograms
- Pelvic exam and Pap test

Heart Disease & Diabetes Screening
Services covered for Women ages 40-74
- Blood Pressure check
- Cholesterol check
- Blood Sugar (glucose) check

Colon Cancer Screening
Services covered for Nebraska Men and Women 50-74
- Fecal Occult Blood Test (FOBT) for home testing; or
- Colonoscopy - if eligible

Preventive Health Services
Services covered for All clients
- Health and Wellness information
- Referral to quit tobacco use:
  Nebraska Tobacco Quitline
  QuitNow.ne.gov or 1.800.784.8669

Things you can do to Be Active & Be Healthy
- Aim for 150 minutes of activity each week
- At least 2 days a week do muscle-strengthening activities
- Being active can lower your risk for cancer and other diseases
- Set goals to help you succeed
- "Know Your Numbers" - blood pressure, cholesterol and blood glucose
- Know your family history
- Don't smoke or use tobacco products