

Take care of you. Take the next step.



YOU FIRST



**Breast Cancer
Screening**

You First helps eligible individuals get important care with free breast, cervical, and heart health screenings.



**Cervical Cancer
Screening**

Our members get free:

- Mammograms
- Pap tests
- Heart Health Checkups



**Heart Health
Screening**

The next step is easier when you have someone by your side.



**Lifestyle Programs
& Fitness Options**

Find out if you're eligible.

Call us today at **1-800-508-2222** or go to **YouFirstVT.org**.

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