

YOU FIRST

Screening and support for heart disease, breast and cervical cancer.

Winter Provider Newsletter

You First pays for and connects eligible Vermonters to breast and cervical cancer screenings and diagnostic tests. Members ages 35-64 can get heart health screenings and free memberships to local gyms, farmers' market coupons, state park passes, home blood pressure monitoring equipment, and more.

Our Patient Navigator guides members from screening to diagnosis to treatment. The Lifestyle Program Coordinator & Health Coach helps members achieve their fitness and nutrition goals for better heart health. You First provides 90-day retroactive coverage from the application signature date.

You First is a program of the Vermont Department of Health and is grant funded through the Centers for Disease Control and Prevention.

January is Cervical Cancer Awareness Month!

YOU FIRST

No one should put off breast and cervical cancer and heart health screenings because of the cost. You First may be able to help!



To learn more and find out if you're eligible, visit YouFirstVT.org or email us at YouFirst@vermont.gov or call 800-508-2222.

January is Cervical Cancer Awareness Month. It's a great time to talk to patients about cervical cancer screening tests (Pap/HPV testing) and HPV vaccination. Cervical cancer is one of the few cancers that can be prevented. Screening is recommended for folks with a cervix between ages 21 and 65. Most people can get cervical cancer screening every 3 to 5 years, but those who have had an abnormal result will likely get screened more frequently.

As a provider, you can remind patients when their next cancer screenings are due. You can also connect patients to the You First program for more support in getting cervical cancer screening, such as help setting up appointments or providing transportation to appointments. You First can pay for Pap and HPV tests for eligible Vermonters, including screenings and diagnostics that occurred up to 90 days before joining the program. Plus, if cancer is found, You First can help many members enroll in a special insurance program that covers cervical cancer treatment.

Most cases of cervical cancer are caused by the human papillomavirus (HPV). HPV is a very common virus that can lead to multiple types of cancer, but the HPV vaccine can prevent the virus. This vaccine is available for people ages 9-45 of all genders, and it is recommended that children have this vaccine at ages 11-12. Encourage people you serve to discuss the HPV vaccine with their health care provider for themselves and for the children in their lives.

While cervical cancer is preventable, unfortunately, people die from cervical cancer each year. In the U.S., cervical cancer rates are highest among Hispanic people, while death rates are highest among Black people. Focusing on cervical cancer screening and HPV vaccination is an important priority for Vermont's You First program. You First supports Vermonters who have barriers to accessing care, including lack of insurance, high out-of-pocket costs, transportation, and knowledge about the importance of these screening tests.

Learn more about You First at [YouFirstVT.org](https://www.youfirstvt.org).

Learn more about cervical cancer at <https://www.cdc.gov/cancer/cervical/index.htm>.

Cervical Cancer Awareness Toolkit

You First's Cervical Cancer Awareness Month Toolkit can be used in January and beyond to share messaging around cervical cancer screening and prevention. Included in the Toolkit are a Word document with sample text for social media, newsletters, and community forums, and some images for social media. We encourage you to promote these messages through your own social media pages, patient and staff newsletters, local papers, Front Porch Forum, posters, letters, or whatever ways work for your clients. To get involved, you can:

- [Email You First](#) to request a Toolkit.
- Share posts from the [You First Facebook page](#) throughout the month.
- [Request You First materials](#), such as rack cards, posters, and applications, for your office.

2024 Program Updates

Heart Health Grant Renewed

Vermont's You First program is excited to announce that we received another 5-year grant from the CDC (Centers for Disease Control and Prevention) to continue our heart health program. The new grant started on October 1 and comes with a few changes to the heart health program. One of the biggest changes is that the age range for the heart health portion of the program is 35-64 (it previously was 30-64).

To participate, members need to have their blood pressure, cholesterol, and blood sugar measured on October 1, 2023 or later and have the results sent to You First. They also need to fill out and mail in the Heart Health Questionnaire sent in their enrollment packet. After You First has received the screening results and answers to the questions, our health coach and dietician, Siobhan, will be in touch to support them with reaching their heart health goals.

New Address

The You First office is moving on January 27th! Our new address will be:

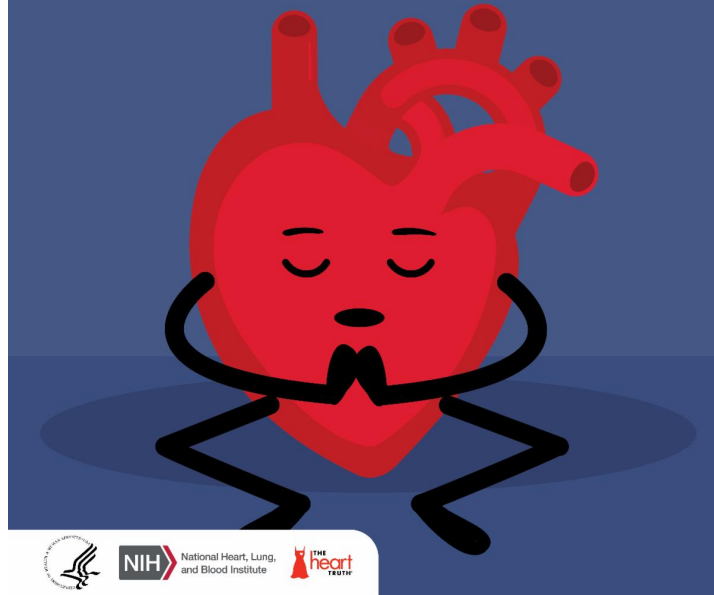
Vt Dept of Health
Health Promotion & Disease Prevention - You First
280 State Drive
Waterbury, VT 05671-8380

Coming Soon

The new income guidelines and fee schedule for 2024 will be released toward the end of January. A copy of both will be sent in a future newsletter. If you have recently worked with someone who was over income for You First, you can check their eligibility again then to see if they qualify. Remember that You First provides 90-day retroactive coverage from the date of the application signature.

February is Heart Health Month

Manage stress



February is Heart Health Month. As a provider, you can help people you serve make heart health part of their regular self-care routines. Looking for resources to share? Check out the [National Institutes of Health Outreach Toolkit](#) - complete with social media resources, fact sheets, and articles to share. Remember that You First members ages 35-64 can participate in [You First's heart health program](#). Benefits include free health coaching, nutrition support, and programs to help them manage their cardiovascular disease risk factors.

You First Trainings Available

Would you like to know more about the You First program? We would be happy to set up a video or phone call or with you or your office. Trainings can provide a basic overview of the You First program and/or billing processes.

Please reach out to Melissa at [802-863-7332](tel:802-863-7332) or melissa.doane@vermont.gov for more information.

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VERMONT DEPARTMENT OF HEALTH

1-800-508-2222

YouFirst@vermont.gov



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