

YOU FIRST

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

Spring 2025 Member Newsletter

We are glad for spring, which means more sunshine, birds chirping, flowers emerging, and nicer weather for time spent outside.

In this newsletter we discuss cancer screenings, health coaching, and more!

We hope you have a great season,
-The You First team



Breast and Cervical Cancer Screening

Great Catch!

Catch cancer early with regular cancer screenings

YOU FIRST
VERMONT DEPARTMENT OF HEALTH

You First is here to support with breast and cervical cancer screenings!

Breast cancer screenings, like mammograms, and cervical cancer screenings, like Pap tests, help find cancer early and before you have any symptoms.

We can help you each step of the way-- discussing when you are due for your next cancer screening, scheduling appointments, getting transportation to appointments, help understanding what your results mean and any next steps to take, and answering your questions along the way. Please let us know how we can help you get these life saving tests.

Understanding Results

This guide, [Understanding Breast Changes](#), explains the various tests, results, and next steps that are a part of breast cancer screening and diagnosis.

This guide, [Understanding Cervical Changes](#), explains the various tests, results, and next steps that are a part of cervical cancer screening and diagnosis.

Scheduling appointments for 2025?

We encourage you to schedule appointments early to avoid the long wait times in Vermont. One tip is to schedule next year's mammogram at this year's appointment. Some hospitals are scheduling out mammograms into late 2025, so try to make your appointments early. Let us know if you need support with scheduling a mammogram, Pap test, or heart health screening.

Cancer Screening Videos

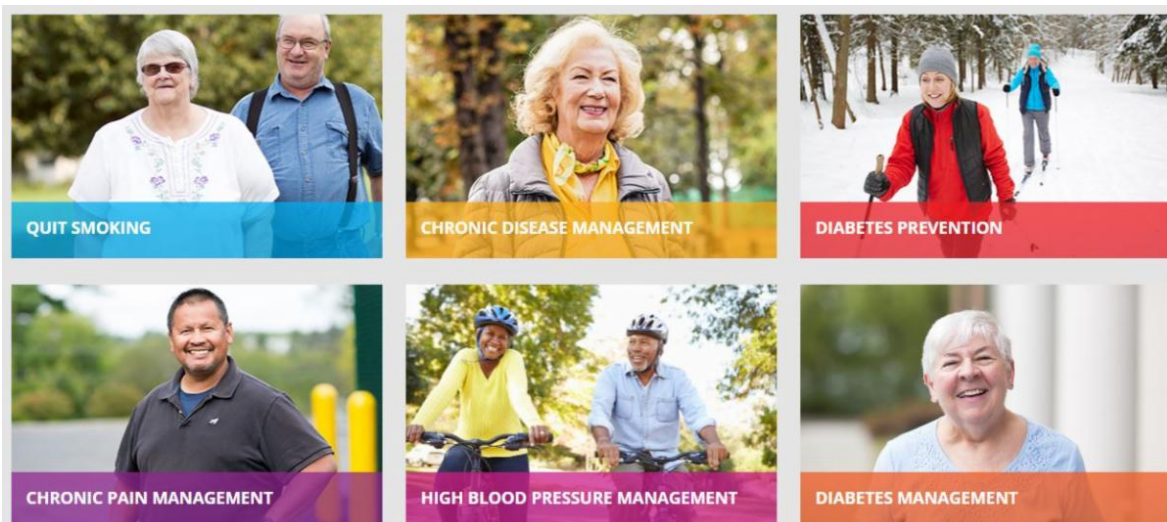
These videos, [Cancer Screening](#), helps folks understand tests that find cancer early. It was created by Vermont Language Justice Project and the University of Vermont Cancer Center. There are videos in 17 languages.

[Video: Cancer Screening](#)

Heart Health Program

We hope you have a great mud season and spring! If you are interested in health coaching, please reach out by phone (1-800-508-2222) or email (YouFirst@vermont.gov). We would love to support you with staying physically active.

- [802Quits](#) is a statewide program offering support with quitting or cutting back on tobacco use. There are even incentives that can pay you to quit smoking.
- [VT 211](#) is a statewide program that connects people in Vermont to local resources. Need support with food resources, heating costs, transportation, mental health, program applications, or something else? Call VT 211 by dialing 2-1-1, texting your zip code to 898211, or visiting their website.
- [My Healthy VT](#) has upcoming classes around diabetes prevention, diabetes management, and quitting smoking. Plus they are always adding new classes for topics like high blood pressure and chronic pain management.



**Ready to get involved with health coaching?
Reach out to us by replying to this email,
giving us a call, or messaging us on Facebook!**

The first steps are to have your provider send us your blood pressure, cholesterol, and blood sugar results from a health care visit; and to complete the heart health and social determinant of health questions.



New Year, New Insurance?

New Insurance Plan in 2025?

Do you have a new insurance plan for 2025? Please reach out to let us know. We need your updated insurance information when you are part of the You First program. This helps us to keep our billing processes running smoothly.

We need the insurance company name, policy holder's name, coverage start date, policy/ID number, and group/account number.

New VT Hospital Financial Assistance Program

In July 2024, [a new law](#) went into effect requiring Vermont hospitals to provide free care to folks who make up to 250% FPL (federal poverty level) and discounted care to folks who make up to 400% FPL. This means most You First members are eligible for free care at VT hospitals after completing an application. You need to call your local hospital's financial assistance program to apply. This [website provides links](#) and information for hospitals and primary care offices in each county in Vermont. The hospital discount program is open to people who live and work in Vermont, and also applies to Dartmouth Hitchcock Medical Center in NH. You can still have You First coverage with hospital financial assistance.

After you apply to this program, please still show the hospital your You First card for services we can cover.

Focus Group to Share Diabetes Story

Share Your Diabetes Story

Join an **online discussion** and help the Health Department improve the diabetes prevention and management program.

Qualifying participants will receive a **\$50 gift card**.

The discussions will take about **two hours**.



We want to hear from Vermonters **18 and older** about their experience living **with Type 1 or Type 2 diabetes**.

What challenges do you face when it comes to accessing care and resources in Vermont?

If you'd like to share your story, please scan the QR code.



Scan me!

If you have questions, please reach out to: Paul.Meddaugh@Vermont.gov.



Share Your Diabetes Story

The Vermont Department of Health's Diabetes Program is setting up focus groups to hear from people in Vermont about what it is like for them to live with diabetes. They want information about your experience and what barriers and challenges you face. They will use this information to develop and improve the Diabetes State Plan and Diabetes program.

[Fill out this survey](#) if you would like to participate.

[Email Paul Meddaugh](#) if you have questions.

Please consider joining a focus group or passing along this information to friends and family.

Update on Federal Funding

The You First program is open and here to support you!

We are committed to reducing breast and cervical cancer and promoting heart health in our community.

You may have heard that the Centers for Disease Control and Prevention (CDC) is undergoing many changes. The CDC funds the You First program through two federal grants. We rely on this grant funding to bring you the You First services we offer.

We will let you know if there are any program updates or changes.

Your health and well-being are our top priorities. We are here to answer questions or concerns you may have. Please reach out to us at 800-508-2222 or email us at YouFirst@vermont.gov.

Stay in Touch!

You can call us at 1-800-508-2222, email us at YouFirst@vermont.gov, fax us at 802-657-4208, or send us mail.

Please let us know if you receive a bill for a service we can pay for. You will need to call the number on the bill and provide your You First ID#, which is found on your membership card.

If you know someone who is interested in joining You First, please send them this newsletter, tell them about the program, or ask them to [fill out our form online](#). We can also mail an application to you to give to them. We have applications in 12 languages. Our program has a 90 day retroactive period, so they can join even if they already had a mammogram or Pap test.

Follow us on Facebook to stay up-to-date on program offerings. Our office will be closed on 5/26, 7/4, 8/15, and 9/1 for state holidays.

[Follow the You First Facebook page!](#)



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www.YouFirstVT.org





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