



VERMONT DEPARTMENT OF HEALTH

August 2, 2019

Dear Jane Doe,

Welcome to You First (formerly known as Ladies First)! We can cover the cost of your breast and cervical cancer screenings. You First encourages regular health checks and positive lifestyle changes.

Getting started with You First services is easy.

1. **Make an appointment with your doctor.** This visit should include your Pap test and a referral for a mammogram (if recommended). You First will pay for these services.
2. **Bring your You First membership card and Provider Report** (enclosed) to your appointment.
3. **Have your results sent to You First.** Your doctor can fax your completed Provider Report to 802-657-4208 or mail it to the included address. Please give us a call if more services are needed.

A member of the You First team will be reaching out to you soon to answer any questions that you might have about the program. Do you have a question right now? Call 1-800-508-2222 or visit us at YouFirstVT.org. We are excited to support a healthier you!

Sincerely,

Emmy Woodley
Member Services Coordinator

Phone: 1-800-508-2222
Fax: 1-802-657-4208
YouFirstVT.org

Vermont Department of Health
You First
108 Cherry Street—PO Box 70 Drawer 38
Burlington, Vermont 05402

Member ID Card

Welcome to
You First

Please detach your member card below and keep it in your wallet so you'll be sure to bring it to your provider appointments.

See other side for more information.

 CUT HERE

YOU FIRST

VERMONT DEPARTMENT OF HEALTH

Jane Doe

UID: 1234

Coverage: 1/1/2019 - 1/1/2020

 YouFirstVT.org  800-508-2222

Front

My You First provider appointments:

Date: _____ Time: _____

Provider: _____

Date: _____ Time: _____

Provider: _____

Date: _____ Time: _____

Provider: _____

Yes, I had my You First:

Pap test Blood work
 Mammogram Total cholesterol:
 Blood pressure checkup HDL: _____
Systolic: _____ LDL: _____
Diastolic: _____ Blood glucose: _____

Remember to:

- Say that you are a You First member when you make your appointment.
- Bring this member card and the Provider Report to your appointment.
- Remind the provider to send the Provider Report and test results to You First (Fax: 1-802-657-4208).

Back

Welcome to You First

You First Covered Services:



Breast Cancer Screening

- Starting at age 50 (unless your doctor recommends sooner)
- Breast exam every year
- Mammogram every other year (or as often as your doctor recommends)
- Additional testing as needed



Cervical Cancer Screening

- Pap test every 3 years (or as often as your doctor recommends)
- HPV test for women over age 30
- Additional testing as needed

How to use You First:



Make an appointment with your doctor.

Don't have a doctor? Call You First to help you find one: 800-508-2222.



Bring your You First ID Card and Provider Report with you to your appointment.

If you have other insurance, they will be billed first. You First will pay for what your insurance doesn't cover of the services that we offer.



Have your doctor send the Provider Report or the results to You First

They can fax it to 802-657-4208.

You First is a program run by the Vermont Department of Health assisting income eligible Vermont residents to receive breast cancer, cervical cancer and heart health screening. Additionally, the program provides:

- Clinical navigation to members with abnormal screening results, at high risk for breast or cervical cancer, and those transitioning to treatment
- Health coaching to reduce cardiovascular disease risk and connection to home blood pressure monitoring, weight loss, exercise, and other healthy behavior support programs

More detailed information about You First and the services covered/provided by the program can be found on our website or by calling us at 800-508-2222.

Definitions

1. **Risk reduction counseling** entails:

- Using motivational interviewing to discuss participant's screening and health risk assessment results.
- Making accommodations as needed to address a patient's language, health literacy, and cultural background.
- Assuring participant understands her CVD risk as compared to other women her age.
- Identifying strategies together to support health goals.
- Linking to available resources to improve health outcomes.
- Arranging follow-up for women with uncontrolled hypertension.

2. **Health coaching** uses a patient-focused approach to prepare patients to take responsibility for their health and well-being. Coaching can include:

- Building skills related to nutrition, exercise or quitting smoking.
- Helping patients access community resources such as weight loss programs or fitness centers to improve health outcomes.

3. Women are considered to have a **high breast cancer risk** that have one or more of the following:

- Known genetic mutation(s) such as BRCA 1 or 2
- First-degree relatives with premenopausal breast cancer
- Radiation to the chest before the age of 30
- Lifetime risk of 20% or more for development of invasive breast cancer
- Personal or family history or genetic syndromes
- Previous history of breast cancer

4. Women are considered to have a **high cervical cancer risk** that have or more of the following:

- Have had a solid organ or stem cell transplant
- Who may be immune-compromised (e.g. infection with HIV or other disease)
- Who were exposed in utero to diethylstilbestrol (DES)
- Previous history of cervical cancer