Hello, You First members!

We are restarting our quarterly You First newsletter to share information about the You First program with you. If you have any questions or ideas for this newsletter, please reply to this email!

Putting yourself first and getting important breast and cervical cancer and heart health screenings are just as important as ever.

Thank you for being a You First member!

- The You First team (Sue, Siobhan, Matt, Megan, Justin, and Melissa)

You First can pay for breast and cervical cancer screenings (mammograms, Pap tests, HPV tests) and follow-up tests for our members who have no insurance. If you have private insurance (like Blue Cross), You First can be billed after your primary insurance, for the amount they do not cover. If you have Medicare Part B, You First is not able to pay for clinical services.

If you have questions about what we can cover, or if you want to talk about breast and
cervical cancer screening, please reach out to us. We can help you find a health care provider, help you set up appointments, and even set up and pay for transportation to and from your You First appointments. We can also help you figure out which screenings are due and help you understand the results. We are here to help you get these important screenings!

If you receive a bill that You First can cover, please let us know! You can send a picture to YouFirst@vermont.gov or call 800-508-2222 to give us the information from the bill and our team will call the biller and ask them to bill You First directly.

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**Heart Health Program**

Our heart health program is available for You First members ages 30-64. The goal of the heart health program is to support you in your efforts to have a healthy heart.

The first step to participating is to visit your health care provider to have your blood pressure, cholesterol, blood sugar, height and weight measured, and then have those results sent to You First.

After that, you will work with Siobhan, our dietitian and health coach, to set your heart health goals and identify what supports will help you achieve your heart health goals. Each You First member is unique, and so are our offerings. We have members joining walking challenges, attending gyms, visiting the State Parks for hiking and swimming, joining a vegetable CSA, planting their own vegetable gardens, participating in health coaching, measuring their blood pressure at home, and more!

Let us know if you have questions about getting started or need help finding a doctor for your heart health screening. Remember to let us know if you receive a bill for something You First can cover.

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**You First Member Highlight**
Julie is a You First member, breast cancer survivor, and participant in our heart health program. She has high blood pressure, high cholesterol, and high blood sugar levels, which led her to want to make some changes to her physical activity and nutrition with the support of You First.

Julie worked with You First to join a gym and get health coaching from a certified personal trainer. She regularly attends her local gym and has improved her strength and mobility. One huge milestone for Julie is that she can now climb a flight of 22 stairs (see above photo)— Go Julie!

You First also paid for a weekly vegetable share from a local farm, which delivered the vegetables right to Julie’s gym. She has worked towards goals of eating more slowly, eating more whole foods, and drinking more water.

Julie has put a lot of time and energy into making changes to improve her heart health, and has had so many successes in reaching the goals she has set for herself. She is feeling more energized, has lost weight, and has lowered her blood sugar. Most importantly, Julie has noted her quality of life has improved due to her increased strength and mobility! Julie is happy to show that life in your sixties can be the best decade yet!

*We’d love to feature YOUR member story in our newsletter or Facebook page! Let us know if you want to share your You First experience.*

Spread the Word!
If you know someone who might be interested in joining You First, please send them this newsletter or tell them about the program.

Follow the You First Facebook page!

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