

**The following services are free to eligible women:**

- Mammogram
- Pap smear
- Clinical breast exam
- Pelvic exam
- Breast self-exam education
- Blood-pressure testing
- Patient education
- Physician notification of results
- Medical referral, if needed
- Some follow-up services



*These services are available to you every year. All women age 40 and over should get a mammogram and clinical breast exam every year.*

**Mid-Michigan District Health Department**



Clinton County  
306 E. Elm St.  
St. Johns, MI 48879  
(989) 227-3118

Gratiot County  
151 Commerce Dr.  
Ithaca, MI 48847  
(989) 875-3681

**Mission**

We take action to assure the health and well-being of our community and the environment by responding to public health needs and providing a broad spectrum of prevention and educational services.

**Vision**

Your public health experts, connecting with the community and exceeding expectations.



**Mid-Michigan District Health Department**

**Breast and  
Cervical  
Cancer  
Control  
Program**



**FREE mammograms,  
Breast exams,  
Pap smears &  
Pelvic exams  
for eligible women**

[www.mmdhd.org](http://www.mmdhd.org)



# Cancer Facts

Excluding skin cancer, breast cancer is the Number One cancer in women.

The lifetime risk of breast cancer is 1 in 8.

Heart disease, not breast cancer, is the leading killer of women.

All women are at risk of breast cancer. The risk increases the older you get.

Early detection is the key to surviving breast cancer. Regular mammograms are the best way to detect cancer early when it is easiest to treat.

A Pap test can detect cervical cancer early, while it can be successfully treated.



# Common Questions

## Q. How do I find out if I'm eligible?

- A. Call the Mid-Michigan District Health Department at (989) 227-3118 in Clinton County or (989) 875-1014 in Gratiot County.

## Q. Where do I go for my appointment?

- A. Appointments are available at the health department office in either St. Johns or Ithaca.

## Q. Who does the exam?

- A. A nurse practitioner. Nurse practitioners are nurses with advanced education and certification. They provide care in the assessment and diagnosing of many common women's health problems.

## Q. How do I get the results of my exam?

- A. They will be sent to you or you will be called. They will also be mailed to your doctor.

## Q. What if I don't have a doctor?

- A. You will be referred to a doctor or specialist, if needed.

## Q. Do I have to pay anything?

- A. No. All services are free.

## Eligibility

You may be eligible if you:

Are age 40 through 64

Have no health insurance or your insurance does not cover mammograms or pelvic exams\*

Live in Clinton County or Gratiot County\*\*

You meet the income guidelines below:

# of People in Your House	Yearly Household Income at or Below
1	\$26,000
2	\$35,000
3	\$44,000
4	\$53,000

\*Medicaid and Medicare cover annual mammograms and pelvic exams

\*\*If you are outside Clinton or Gratiot County, call 1-800-922-MAMM (1-800-922-6266) for a program in your county.

**To find out if you are eligible and to schedule an appointment, call**

**Clinton: (989) 227-3118**

**Gratiot: (989) 875-3861 x1014**