



MetroHealth Mobile Mammography Screening Program

Reducing the Barriers to Breast Cancer Screening
by Making Screening Mammography Convenient and Accessible

Planning Your Mobile Mammography Event

The MetroHealth Mobile Mammography Screening Program is just the latest in a long line of innovation and technology advancements by The MetroHealth System. With this new program, we are able to bring that innovation and technology to your organization and the community.

MetroHealth offers 3D mammography on our new Mammography Mobile Coach and at all our MetroHealth Breast Imaging Centers. 3D mammography has proven to be the most advanced breast screening technology available. Using it, our specially trained radiologists can distinguish between benign breast abnormalities and cancerous lesions. This means fewer callbacks and less anxiety for women.

Included in this packet you will find everything you need to plan a successful event:

- **Proposed timeline**
- **Participation guidelines**
- **Parking guidelines**
- **Marketing support materials**
- **FAQ**

We would like to thank you and your organization for taking a proactive approach on women's health. As insurance costs rise, our hope is that by providing accessible preventive care screenings for women, it will allow you to keep your costs low with employees potentially taking less time off work.



Planning Your Mobile Mammography Event

Fees

There is no fee to bring Mobile Mammography to your business or organization.

Scheduling

Appointments will be created once the event date and times have been confirmed.

Make sure the requested minimum requirements are met **two weeks prior** to your event.

Confidential results will be mailed to patients and their physicians. Results will also be available to patients in their My Chart medical record.

Any patients who require additional imaging after screening will receive a follow-up phone call to schedule an appointment in addition to a letter.

Scheduled Date and Time

The MetroHealth Mobile Mammography Screening Coach will arrive approximately one hour prior to the first appointment. This allows us to set up and run necessary equipment checks.

Patients should arrive 10 minutes prior to their appointment time for check-in and registration. We will notify the site coordinator if schedules change (i.e., ahead, on time or behind schedule).

Site Requirements

Schedule a site visit with the Mobile Mammography program coordinator as soon as possible to review the coach's parking location.

Patient Eligibility

Patients can visit the mobile mammogram coach for a screening mammogram if they:

- Are at least 40 years old or older.
- Had their last screening mammography exam performed 11 months ago or later.
- Are not pregnant or currently breastfeeding.
- Can easily walk up and down stairs.
- Are not currently having breast problems or have a recent breast cancer diagnosis (within the past 2 years).



Event-Planning Timeline

ASAP

- Determine your dates with company/organization executives and the Mobile Mammography program coordinator.
- Identify all members who will assist in the planning process.

Two months prior to event

- Schedule site visit with Mobile Mammography program coordinator.
- Start promoting event within your organization: Send out save-the-date information. Post fliers in break rooms, kitchens or other community areas. Promote the event on email and during staff meetings to boost awareness and interest.

One month prior to event

- Continue marketing event within organization.
- Send out reminders on upcoming deadlines for scheduling appointments.
- Confirm parking spaces and security measures.

One to two weeks prior to event

- Review minimum requirements with program coordinator.
- Send emails to all participating employees confirming their appointment time. (This information will be provided by program coordinator).
- Review schedule with program coordinator.

Day of event

- Review the day's schedule with program coordinator for any last-minute changes.
- Promote on social media or other company outlets.

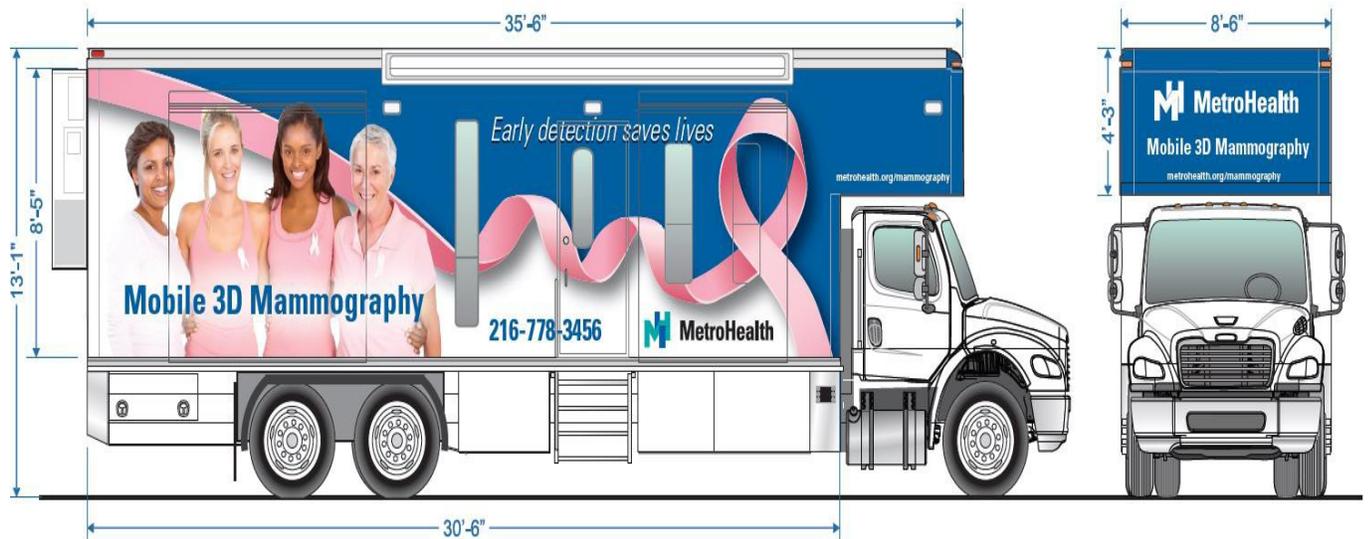
After the event

- Send out thank-you email to employees who participated.
- Remind employees about next scheduled event.

If you have any questions about bringing Mobile Mammography to your organization, contact our program coordinator Kelly Vogel at 216-310-5539 or via email at kvogel@metrohealth.org.

Mobile Mammography Parking Guidelines

- The coach must be parked on a paved and level surface.
- The area must be free of any low-hanging tree branches.
- The vehicle is 40 feet long, 13 feet high and nearly 9 feet wide. It requires at least 60 feet of on-curb parking or at least seven contiguous parking spaces in a lot. Sharp turns cannot be made.
- Parking location should be near restrooms. The coach does NOT have bathroom facilities.



The coach is not wheelchair accessible.

Should you require a wheelchair accessible facility, please visit one of our screening locations throughout The MetroHealth System. For more information, call 216-957-(BRST) 2778.



Mobile Mammography Participation Guidelines

Schedule

Schedule your event at least two months in advance.

Secure an event permit

(If required by your city, village or township.)

Promote

Promote the event within your organization.

Appointments

Must be scheduled in advance via phone, email or MyChart. Walk-in appointments are not guaranteed. The number of required appointments are listed below depending on length of event.

- Half-day event: 16
- Full-day event: 24

When scheduling appointments on the phone, women should have the following information available:

- Insurance information
- Physician's name, address and phone number
- Location and time of their last mammogram

The program coordinator will be in touch two weeks prior to the event to ensure the required minimum number of appointments are met. If the requirement cannot be met, we will discuss options to expand your event.

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FAQ For Your Mammogram

1. What should I wear for my mammogram?

It's best to wear a two-piece outfit. This way, you can remain clothed during your screening. You should not wear deodorant, perfumes, lotions or powders.

2. This is my first mammogram. What can I expect?

Schedule your appointment a few days after your period ends. It will allow for a more comfortable exam. Your specialty trained mammography technologist will position your breast in the machine and talk you through the process. Please let the technologist know if you have breast implants; you may require special imaging.

3. When should I expect my results?

Timely mammogram results will be available in your MyChart account. You will also receive a letter with your results. If additional imaging is required, you will be contacted directly to schedule your follow-up appointment at one of our diagnostic facilities.

4. What is 3D Screening Mammography?

3D Mammography is an advanced, clinically proven screening and diagnostic tool designed for early breast cancer detection. During the 3D mammography exam, the X-ray arm sweeps in an arc over your breast, taking multiple low dose images. Then, a computer produces a 3D image of your breast tissue. The radiologist can scroll through images of your entire breast like pages in a book, for clarity and insight never before possible. The 3D images make it possible for your radiologist to gain a better understanding of your breast tissue during screening, significantly improving early breast cancer detection and lowering the need of follow up imaging by up to 40%, which can reduce unnecessary anxiety.

5. Who can have a 3D mammography exam?

It is approved for all women who would be undergoing a standard exam, in both the screening and diagnostic settings. Multiple clinical studies show that all women, regardless of breast type, benefit from 3D mammography.

6. What will a mammogram cost?

Most Insurances cover one mammogram annually/bi-annually, it is always best to check with your insurance before making your screening mammogram appointment.

7. What if I can't afford a mammogram?

MetroHealth will assist patients who are uninsured or underinsured for screening mammography.