Are You Up To The Challenge?

Celebrate National Women's & Men's Health Month

Care for yourself and respect the ones you love by getting your yearly health checks and living a healthy life.

***Every Woman Matters (EWM)* provides FREE or low-cost yearly health exams to women, ages 40 through 64. *EWM* offers:**

- **Yearly health exams for women with little or no health insurance, including:**
  - Pelvic exam with a Pap test
  - Clinical breast exam
  - Mammogram
  - Teaching of breast self exam
  - Cholesterol check
  - Blood pressure check
  - Blood sugar (glucose) check
- **Personalized information and support for living a healthier life.**

The *Nebraska Colon Cancer Screening Program (NCP)* provides colon cancer screening education and screening. If you are a man or woman over 50, talk to your doctor about getting screened for colon cancer. Colon cancer is preventable, treatable and beatable. To find out more, log on to: www.StayInTheGameNE.com.

For information about the *Office of Women's and Men's Health* programs, and how to receive free or low-cost health checkups, call *1-800-532-2227.*

Nebraska Office of Women's and Men's Health

Office of Men's Health
Your Good Health is Our Goal

Every Woman Matters
NEBRASKA OFFICE OF WOMEN'S HEALTH

Nebraska Colon Cancer Screening Program

Department of Health & Human Services
DHHS
NEBRASKA

Funds for this project were provided through the Centers for Disease Control and Prevention Breast and Cervical Early Detection Program, Well Integrated Screening and Evaluation for Women Across the Nation, and Colorectal Cancer Screening Demonstration Program Cooperative Agreements with the Nebraska Department of Health and Human Services. #5U58/DP000811-04, #5U58/DP001421-03 and #5U58/DP002043-02