

# 2022 Mammo Mixers

## It's time to Get Scheduled for a Mammo Mixer!

Do you dread getting a mammogram or has your doctor recommended scheduling a mammogram, but you keep putting it off? If so, join the nearly 400 employees, retirees, and dependents that attend an annual HealthyConnections Mammo Mixer at St. David's Breast Center. Screening mammograms are recommended annually for women aged 40 and older, or younger if there is a family history of breast cancer. Please remind your loved ones 40 and older to talk to their physician about their recommended mammogram schedule. These lifesaving screenings can detect cancer 3 years before they can be felt and reduce the risk of death by 30% or more through early detection.

Mammo Mixer attendees will receive a mammogram in a comfortable and relaxed environment. Employees, retirees, and dependents on a City medical plan are eligible. Attendees will also receive a chair massage and free boxed meal.

### **Mammo Mixer Registration Instructions:**

**Step 1:** Call St. David's (512-544-8800) to make an appointment.

- **Please have your insurance card and Primary Care Provider information available.** The following information can be left via voicemail and will assist the St. David's Breast Center staff in scheduling your appointment time: first name, last name, DOB, primary care provider, and preferred date/time of appointment.

**Step 2:** Provide St. David's with preliminary screening information.

- Provide your date of birth and doctor's name, so your results can be forwarded to your physician. If you do not have a doctor, St. David's staff can assist you with locating one.
- If you have had a mammogram in the past few years at a facility other than St. David's, you have the option of having your prior film reviewed and compared to the film that will be taken at the Mammo Mixer. To do so, just inform the staff at St. David's when you call. Prior film, if local, can usually be obtained within several days. Disregard if this will be your first mammogram.

**Step 3 (For First Time Patients Only):** Print and complete the [St. David's Mammography Questionnaire](#).

- The Mammography Questionnaire will be submitted to the St. David's staff arrival.

**Step 4:** Review the [Appointment Preparation for Screening Mammography](#) form to prepare for Mammo Mixer appointment.

## Schedule

### **Week 1:**

- Tue, July 5, 11:00AM – 1:00PM
- Wed, July 6, 3:30 - 5:30PM
- Thu, July 7, 7:00 - 9:00AM
- Fri, July 8, 11:00AM - 1:00PM

### **Week 2:**

- Tue, July 12, 3:30 - 5:30PM
- Wed, July 13, 11:00AM - 1:00PM
- Thu, July 14, 7:00 - 9:00AM
- Fri, July 15, 11:00AM - 1:00PM

### **Week 3:**

- Tue, July 19, 11:00AM– 1:00PM
- Wed, July 20, 3:30 - 5:30PM
- Thu, July 21, 7:00 - 9:00AM
- Fri, July 22, 11:00AM - 1:00PM

### **Week 4:**

- Tue, August 2, 3:30 - 5:30PM
- Wed, August 3, 11:00AM – 1:00PM
- Thu, August 4, 7:00 - 9:00AM
- Fri, August 5, 11:00AM - 1:00PM

## Additional Resources and Information:

- **Attendees are required to wear masks.**
- [Parking Instructions](#): Enter Garage 1 at St. David's from 30<sup>th</sup> Street. If you have difficulty finding the facility on the day of your mixer, call **512-544-8800**.
- Bring your ticket from the garage to the mixer, so it can be validated.
- Don't forget to bring your BCBS card and a photo ID.

