

# UNIVERSITY of HOUSTON

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## HUMAN RESOURCES

This spring the University of Houston's HR POWER UP Employee Wellness program will host on-campus mammograms provided by [The Rose](#). Mobile **Mammography screenings** will occur **on campus Tuesday, March 15, March 22, and March 29**, in **Lot 19F between the Power Plant and Technology Annex** (near the M.D. Anderson Library), and **Thursday, March 24, at the UH Technology Bridge** (next to Building 7). **Screening times will be from 9:00 a.m. to 3:30 p.m.** in The Rose's state-of-the-art mobile mammography unit.

To take advantage of this on-campus opportunity, [REGISTER](#) online (Code: **UH**) for a time that works for you. If you have difficulty registering, please call 281-464-5136 for help in making your appointment in English or Spanish, or email The Rose mobile team at [mobileteam@therose.org](mailto:mobileteam@therose.org). The **deadline to register will be four days prior to the date you choose to be screened**, so please select your preferred date and register *now* as limited spots will be available.

Both 3D and 2D mammography exams will be offered, and each one generally takes about 15 minutes. Considered preventive care, mammography screenings are covered by most [insurance carriers](#). Eligible employees with **Blue Cross Blue Shield of Texas HealthSelect** may participate with no co-pay and no additional out-of-pocket expense. Those with other insurance are encouraged to call or visit [The Rose](#) online to determine their eligibility status to participate at no-cost. If you have questions about coverage, the no-insurance sponsorship program, or any other aspects of the exam, the friendly staff at The Rose can assist you.

### To participate in mobile mammogram screenings, you must:

- **Have a doctor's order.** (Request this from your PCP/GYN and email it to [mobileteam@therose.org](mailto:mobileteam@therose.org) / fax to 281 484-7083. Indicate you are with a UH employee.)

- Be 40 year of age or older (Those 35 - 39 years of age must have a family history of breast cancer to be covered at 100% by insurance.)
- Have a primary care physician
- Not be pregnant or currently breast feeding
- Not have any breast symptoms or problems
- Not have been diagnosed with breast cancer within the last 5 years
- Not have had a mammogram in the last 12 months

**Due to COVID-19 concerns:**

- Appointments will be every 15 min. with only one patient in the coach at a time
- Patient areas will be thoroughly cleaned between each patient

**In addition, patients:**

- Will be called ahead of their appointment time to receive safety instructions
- Must participate in a COVID-19 screening and temperature check upon their arrival

Don't delay, **REGISTER** online (Code **UH**) today for your annual mammogram, or schedule an exam with your personal healthcare provider. *Early detection through annual mammography screenings can lead to improved treatment options, and most importantly, survival.* Make your personal health and well-being a priority by making an appointment today.