

# Helping you with HEDIS® ...



# Breast Cancer Screening

**Breast Cancer Screening** looks for women 42-69 years of age who had a mammogram to screen for breast cancer

## WHAT YOUR PROVIDER OFFICE NEEDS TO KNOW

If HealthPlus does not receive a claim for one of your female patients between the ages of 42-69 years during the two year measurement period, for at least one routine breast cancer screening, you will receive notification via the Action Report they are due for a Mammogram.

Only women who have had a bilateral or two separate unilateral mastectomies are excluded.

Women might need help differentiating various breast exams to be certain they actually had a mammogram by another provider.

## Breast Cancer FACTS

- Breast cancer can occur at any age
- Early breast cancer is usually without any symptoms
- Breast cancer is the most common cancer among women
- Survival rates are highest when breast cancer is found early
- Mammography will detect 80-90% of breast cancers in women without symptoms

## “HOW CAN I IMPROVE MY HEDIS® SCORES?”

Most HEDIS® measurements use claims information (“administrative data”) for evaluating HEDIS® performance. Diagnoses and/or procedure codes are often used. *If a service is not billed or submitted correctly, the service may not be captured for HEDIS® nor reflected in performance scores.*

- Educate female patients about the importance of early detection and encourage testing.
- Order routine breast cancer screening every 1-2 years and confirm the test was completed by requesting a copy of the report for your office record.
- Use Action Reports from HealthPlus as office tracking tools. If patients did not follow through with getting a mammogram:
  - Schedule a mammogram for the patient
  - Send the patient a referral to avoid an additional office visit for them
- Return the Action Reports with mammogram updates to be entered into the HealthPlus data base.

## Patient Tips

- Schedule exam one week after menstrual cycle when breasts are least tender
- Regular mammograms are the most effective way to detect early breast cancer
- Powders and deodorants cannot be worn the day of a mammogram because it can show up as white spots on the x-ray

## “WHY DO PATIENTS WHO HAVE HAD AN MRI OF THE BREAST SHOW UP ON MY ACTION REPORT?”

The purpose of the breast cancer screening measure is to evaluate **primary** screening. Biopsies, breast ultrasounds and MRIs do not count because HEDIS® does not consider them to be appropriate primary screening methods. If you ever have any questions about your Action Report, please contact Fran Neely, BSN MS, in Medical Services at (810) 496-8477.

05/10

# Understanding Mammograms

After you call for an appointment,  
note the date and time here:

---

## **What is a mammogram?**

A mammogram is an x-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer.

## **Why should I get a mammogram?**

Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. When their breast cancer is found early, many women go on to live long and healthy lives.

## **How is a mammogram done?**

You will stand in front of a special x-ray machine. A technologist will place your breast on a clear plastic plate. Another plate will firmly press your breast from above. The plates will flatten the breast, holding it still while the x-ray is being taken. You will feel some pressure. The other breast will be x-rayed in the same way. The steps are then repeated to make a side view of each breast. You will then wait while the technologist checks the four x-rays to make sure the pictures do not need to be re-done. Keep in mind that the technologist cannot tell you the results of your mammogram.

## **Tips for getting a mammogram**

- Try not to have your mammogram the week before you get your period or during your period. Your breasts may be tender or swollen then.
- On the day of your mammogram, don't wear deodorant, perfume, or powder. These products can show up as white spots on the x-ray.
- Some women prefer to wear a top with a skirt or pants, instead of a dress. You will need to undress from your waist up for the mammogram.

## **Where can I get a mammogram and who can I talk to if I have questions?**

- If you have a regular doctor, talk to him or her.
- If you need help in choosing a doctor, please call HealthPlus Customer Service at 1-800-332-9161 or T.D.D. (Telephonic Device for the Deaf) 1-800-992-5070.
- For more information, visit our website at [www.healthplus.org](http://www.healthplus.org).
- National Cancer Institute's Cancer Information Service (CIS) at 1-800-4-CANCER (1-800-422-6237). For TTY: 1-800-332-8615.
- Centers for Disease Control and Prevention (CDC) at 1-800-CDC-INFO (1-800-232-4636).