

YOU FIRST

Screening and support for heart disease, breast and cervical cancer.

You First is a free and unique program offering

- Health screenings for breast and cervical cancer and heart disease
- Mammograms and follow-up breast cancer tests
- Pap tests, HPV tests, and follow-up cervical cancer tests
- Cholesterol, blood sugar, and blood pressure tests

Fitness & nutrition benefits

- Health coaching
- Memberships to local gyms and State Parks
- Local vegetable and fruit coupons

Personalized support

- Scheduling help and appointment reminders
- Travel to appointments
- Help understanding test results and next steps
- Linkages to programs that pay for breast and cervical cancer treatment

You're eligible if:

- You have (or have had) breasts or a cervix
- You live in Vermont
- You are 21 years of age or older
- Your income is within our limits. Visit our website to learn more.

Even if you have health insurance, you can still qualify for You First.



Find out if you're eligible



YouFirstVT.org



800-508-2222