



Ladies First offers FREE:

Mammograms, Pap tests,
and screenings for cholesterol,
blood pressure, and diabetes.

Ladies First membership is based on:

- Vermont residency
- age
- number in household* & income

Gross income for 2011 *(before taxes)*

Number in household*	Yearly	Monthly
1	\$27,225	\$2,269
2	\$36,775	\$3,065
3	\$46,325	\$3,860
4	\$55,875	\$4,656
5	\$65,425	\$5,452

* Anyone living in the household that is related by marriage, civil union, or a dependent child related by birth or adoption. For additional family members, add approximately \$9,550 yearly and \$796 monthly.

**Ladies
First**

VERMONT DEPARTMENT
OF HEALTH

www.LadiesFirstVt.org

Call Kate today at
1-800-508-2222

For Deaf and Hard of Hearing individuals,
please use Vermont Relay Service 711
and give our number: **1-800-508-2222.**

For Vermont women age 21 and over who qualify



Ladies First pays for:

BREAST

- breast exam
- breast self-exam instruction
- mammogram (breast x-ray)
- more tests as needed

CERVICAL

- pelvic exam
- Pap test
- more tests as needed

HEART HEALTH

- blood pressure
- cholesterol
- height and weight
- diabetes test
- help with nutrition, physical activity and quitting smoking



VERMONT DEPARTMENT
OF HEALTH

www.LadiesFirstVt.org

Call Kate today at 1-800-508-2222

Ladies First members will be referred for full Medicaid coverage if breast or cervical treatment is needed. Members can have private health insurance including Catamount. If you have insurance, your insurer must be billed first and you will be responsible for any co-pays and deductibles that apply. Ladies First is unable to enroll or cover women who have VHAP, Medicaid or Medicare Part B. VHAP, Medicaid and Medicare Part B offer these check-ups.