We know how busy you are, balancing work and home. The end of the year is a good time to put your health first. If you are due for a screening mammogram, you have **two easy ways to self-request an appointment**:

1. **Sign in at** [MyKelseyOnline.com](http://MyKelseyOnline.com) and select the “I Need a Mammogram” tile.

2. **Call our Radiology Department at** 713-442-1161, **Monday – Friday • 7:30 a.m. to 5:30 p.m.**

**Convenient Locations with 3D Breast Tomosynthesis**

Breast tomosynthesis is an FDA-approved technology that helps our physicians detect smaller tumors sooner. Digital mammography with 3D breast tomosynthesis is available at all 16 Kelsey-Seybold locations offering mammography. This includes Berthelsen Main Campus, Clear Lake, Cypress, Downtown at The Shops, Fort Bend, Katy, Kingwood, Pasadena, Pearland, Spring, Summer Creek, Tanglewood, The Vintage, Woman’s Center, The Woodlands, and West Grand Parkway. These locations offer weekday appointments. For your convenience, our Berthelsen Main Campus also offers Saturday appointments.

**Screening Mammograms Are a Covered Benefit in the KelseyCare Aetna Health Plan**

Screening mammograms with 3D breast tomosynthesis are a covered benefit for all HISD employees, who are enrolled in the KelseyCare Aetna Health Plan.

*If you have a history of breast cancer, are experiencing any symptoms, or need a diagnostic mammogram, call your physician’s office. You can only self-request a screening mammogram if you have a designated Kelsey-Seybold primary care doctor.*