

You First Services



Breast Cancer Screening

- Starting at age 40 or 50 (unless recommended sooner)
- Breast exam every year
- Mammogram every 1-2 years (or as often as recommended)
- Additional testing as needed



Cervical Cancer Screening

- Pap test every 3 years (or as often as recommended)
- HPV test every 5 years (or as often as recommended)
- Additional testing as needed



Heart Health Screening

- Members ages 35-64
- Blood pressure
- Height and weight
- Cholesterol testing
- Blood sugar testing



Lifestyle Programs and Fitness Options

- Health coaching
- Self-Monitored Blood Pressure Program
- Farmers market coupons and CSAs
- Local fitness centers

YOU FIRST

VERMONT DEPARTMENT OF HEALTH

Who we are:

You First is federally funded by two grants from the CDC. Our goal is to provide access to breast and cervical cancer early detection, as well as heart health screening and heart disease prevention. The You First Patient Navigator helps guide members from screening to diagnosis to treatment. The You First Lifestyle Program Coordinator and Health Coach helps members achieve their fitness and nutrition goals for better heart health.

Who is eligible:

- Vermont residents at or below 250% of the Federal Poverty Level
- Over the age of 21 for breast and cervical cancer screening
- Between ages 35-64 for heart health screening
- Can be uninsured or have insurance (special conditions for Medicare Part B)
- Transgender and nonbinary folks are eligible to receive appropriate screenings

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How you make it happen:

- Enroll as a You First Provider through Vermont Medicaid (Gainwell Tech.)
- Identify potential and current You First members
- Help potential members apply by giving them a printed application or having them call 800-508-2222 to have an application mailed
- You First membership is 90 days retroactive from the signature date on the application
- Schedule appointments and make referrals
- Fill out the Provider Report and fax it to 802-657-4208
- Contact the You First Patient Navigator when breast or cervical cancer screening results are abnormal: 802-863-7332
- Bill for services

Billing for You First Services:

- Check for the You First Fee Schedule for covered procedure and diagnosis codes
- If the member has primary insurance, bill them first
- You First will cover the remaining balance, up to our rate
- Send the claim to Gainwell Technology
- 6 month timely filing limit