Commonwealth Care Alliance® (CCA) Senior Care Options Program (HMO SNP) is a Coordinated Care plan with a Medicare contract and a contract with the Commonwealth of Massachusetts/EOHHS Medicaid program. Enrollment in the Plan depends on contract renewal to provide benefits for both programs to enrollees. Enrollment is voluntary. This information is not a complete description of benefits. Limitations, copayments, and restrictions may apply. For more information, call CCA Member Services at 866-610-2273 (TTY 711), or read the Plan Member Handbook for a complete list. Benefits may change January 1 of each year. CCA complies with applicable Federal civil rights laws and does not discriminate based on race, ethnicity, national origin, religion, gender, gender identity, sex, age, mental or physical disability, health status, claims experience, medical history, genetic information, evidence of insurability or geographic location. This Plan is available to people who live in the plan’s service area, are aged 65 or older, and have Medicare and MassHealth Standard or just MassHealth Standard alone.


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Breast Cancer

Breast cancer is the most common type of cancer in American women. Being a woman and getting older are the main risk factors.

Most women do not have early signs of breast cancer, which is why screening is so important.

WHAT IS THE SCREENING?
Screening is through mammogram (an X-ray picture of the breast).

- Mammograms are recommended every two years for women 50 to 74.

Osteoporosis (Weakened bones)

1 in 3 women over 50 will develop this disease. It can develop unnoticed without pain. Often the first sign is a fracture of the hip, wrist or spine.

WHAT IS THE SCREENING?
An X-ray (DEXA) of the hip and spine is the best way to detect osteoporosis. All women over age 65 should have this screening done.

Here are some important ways to help keep your bones healthy!

- Physical activity
- Adequate calcium and vitamin D
- Don’t smoke
- Medication may help prevent fractures if you have osteoporosis

Call your doctor or practitioner today to talk about getting screened! For help scheduling an appointment or arranging transportation, please call CCA Member Services at 1-866-610-2273 (TTY: 711) 8 a.m. to 8 p.m., 7 days a week.