Insurance
HealthPartners Clinics accept most major health plans and insurance. Most insurance plans are required to pay for screening mammograms. Check with your specific plan for details. HealthPartners Coon Rapids and Riverside clinics, Elk River Riverway Clinic and Regions Hospital also participate in the Minnesota Department of Health’s Sage program for uninsured women.

Appointment Information
Digital mammography can be scheduled at the following HealthPartners Clinics by calling 651-254-8200.
Arden Hills
Bloomington
Brooklyn Center
Coon Rapids
Elk River (RiverWay Clinic)
Riverside (Minneapolis)
St. Paul (Wabasha St.)
West (St. Louis Park)
Woodbury

Or at Regions Hospital Breast Health Center by calling 651-254-4600.

Because we feel so strongly about the importance of regular screenings, HealthPartners Clinics also offer same day mammograms for women who are due for their screening and are at the clinic for another reason. Ask your care provider for more information.
State-of-the-Art Digital Mammography

Partnering together, HealthPartners Clinics and Regions Hospital Breast Health Center provide leading edge technology and expert care.

We offer the latest in digital mammography technology to ensure you are receiving the best, most accurate screening. In addition, radiologists that specialize in mammography will review your images followed by an advanced computer assisted analysis. More accurate results are the bottom line.

Our physicians and staff are committed to providing quality care to all patients. Most clinics offer a separate mammography area to provide a comfortable, private setting apart from the general clinic. We want you to feel at ease during your mammography screening and are available to answer any additional questions you may have.

What is digital mammography?

A mammogram screens for changes in breast tissue that are not normal, using a safe, low-dose x-ray. Standard film mammography records these images on x-ray film. Digital mammography images are recorded electronically. These images can be enlarged and enhanced for closer evaluation by a radiologist and can be sent electronically to other specialists if needed. Digital mammography uses less radiation, provides faster results and is significantly better than standard film mammography for the screening of women under the age of 50 and for women with dense breasts.

What should I do to prepare for a mammogram?

When making your appointment, be sure to mention if you have breast implants. Extra pictures may be needed to be sure all the breast tissue can be seen.

The day of your mammogram, do not use deodorant, lotion, powder or perfumes under your arms or on your breasts. These may create shadows on your mammogram.

If you have had a mammogram at another facility, have the x-ray films sent to our clinic to be compared with the new mammogram.

What should I expect?

You will need to undress from the waist up. The technologist will position one breast at a time between two plates on the x-ray machine. The plates will compress your breast, spreading the breast tissue out, to obtain a clear picture. You may feel some slight discomfort, similar to a pinch, due to the pressure on your breast. Usually two pictures are taken of each breast and take only a few seconds for each picture.

Who reviews the mammogram?

HealthPartners Clinics and Regions Hospital Breast Center have a core group of radiologists that read mammograms. This group is highly experienced at finding any abnormality that needs a closer look. In addition to being reviewed by the radiologists, we use a technology known as Computer Aided Detection (CAD) that has been developed to improve the diagnostic accuracy of mammography. CAD analyzes the images and highlights areas that contain features associated with cancer. This double review process results in more accurate readings.

How will I receive my mammogram results?

The results will be mailed to you within two weeks of your appointment. Your results will also be available online in your personal patient services account. To sign up for online patient services or to access your account, see healthpartners.com/onlinepatientservices