

Breast cancer self-referral service

Reassurance when you need it most

A cancer diagnosis, or even just the prospect of one, can be an extremely stressful and worrying time for you and your loved ones, but you can take comfort in knowing we have expert support available to you.

Check4Cancer

We work closely with our provider, Check4Cancer, to make sure you're seen quickly if you suspect cancer. They're experts in their field and have years of experience providing clinical advice and treatment.

Our in-house healthcare professionals also have extensive knowledge, insight and experience in helping members who are facing cancer. They'll be there to support you and your family from diagnosis, and throughout treatment. If required, contact our team, who will seek to pre-authorise your treatment in line with your available benefits.

All the tests you need, in one day

You will receive a One Stop Breast assessment. This means you'll have all the necessary tests taken on the same day. This includes:

- A clinical breast examination
- Mammography or ultrasound (or both)
- Fine needle aspiration or needle core biopsy as clinically necessary.

Dedicated Cancer Nurses

If you're diagnosed with cancer we can put you in touch with our Dedicated Nurse Service because we know that a swift diagnosis and access to prompt treatment must go hand in hand with genuine help, support and understanding from people who truly care.

Every one of our friendly nurses understands what a diagnosis like this means. You might take comfort in discussing your symptoms or talking through how to break the news to the people you care about.

Whatever you need, whenever you need it, one of the dedicated nurses is waiting to talk.

To speak to our specialist dedicated cancer nurses, please call the PHC claims line on **0800 068 7111** (9am – 5pm Monday to Friday). Outside of these hours our experienced nurses provide round the clock support by phone on **0800 027 1393**.

Know the signs of breast cancer

It's well known that when cancer is diagnosed at an early stage, before it's had the chance to get too big or spread, it's more likely to be treated successfully. It's important to keep a look out for things that may be signs or symptoms of breast cancer. That's why it's good practice to check your breasts for changes on a regular basis.

How to self-examine your breasts

1. Examine your breasts in the shower and feel for any changes or lumps.
2. Next, examine your breasts in the mirror with your arms in 3 different positions - down by your side, straight up in the air and with your hands on your hips, and look out for any changes in the appearance of your breasts.
3. Stand and press your fingers on your breast, working around the breast in a circular direction, feeling for any changes or lumps.
4. Lie down and repeat step 3.
5. Gently squeeze your nipples to check for discharge. Check under the nipple last.

For further support

Please visit:

breastcancernow.org

impact-breastcancerhaven.org.uk

Look out for...

- A change in the size or shape of one or both breasts.
- Discharge from either of your nipples (which may be bloody).
- A lump or swelling in either of your armpits.
- Dimpling on the skin of your breasts.
- A rash on or around your nipple.
- A change in the appearance of your nipple, for example if it's becoming sunken.

How to access

Call the PHC claims line on **0800 068 7111** or email us at claims@thephc.co.uk.

Please have your membership number ready when you call - this can be found on your Certificate of Cover.

This service is available to all members and can be used without needing to be referred by a GP first (subject to terms and conditions and the underwriting conditions applied to your cover. For example, if you are covered on moratorium underwriting, we may require some further information from your registered GP in order to assess whether your claim is eligible).