

# CARE FOR YOURSELF PROGRAM DIRECTORY

The National Breast and Cervical Early Detection program (NBCEDP) is a federally funded program by the Centers for Disease Control and Prevention. The state is allocated dollars to provide free or low-cost breast and cervical cancer screenings. The Iowa program is called the Care for Yourself program and it reaches out to qualified Iowans who meet the criteria for the program.

This 2025 directory provides state and CFY contractors contact information.

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**(Region 4) Counties Covered Include: Appanoose, Davis, Wapello  
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**Appanoose County Public Health is main contact**

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**(Region 7) Counties Covered Include: Blackhawk, Buchanan,  
Fayette, Grundy, Hardin and Tama**

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**(Region 12) Counties Covered Include: Bremer, Butler, Chickasaw, Floyd, Franklin, Howard and Mitchell**

**Main Contact: Butler County Public Health**

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**(Region 14) Counties Covered Include: Audubon and Carroll**

**Main Contact: Carroll County Public Health**

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**(Region 15) Counties Covered Include: Cass, Guthrie, Harrison,  
Mills, Montgomery, Monona, Pottawattamie and Union**

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**(Region 17) Counties Covered Include: Cerro Gordo**

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**(Region 23) Counties Covered Include: Clinton and Jackson**

**Main Contact: Mercy VNA, Care for Yourself Program**

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**(Region 30) Counties Covered Include: Dickinson, Emmet and Osceola**

**Main Contact: Dickinson County Health Department Subcontractor:  
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**(Region 31) Counties Covered Include: Allamakee, Clayton,  
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**Main Contact: Dubuque County Health Department**

**Subcontractor: UnityPoint Dubuque County VNA Services, Dubuque  
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**(Region 44) Counties Covered Include: Des Moines, Henry, Lee, Van  
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**(Region 57) Counties Covered Include: Benton, Cedar, Iowa, Jones and Linn**

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**Subcontractor: Eastern Iowa Women's Health Center**

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