



## Cancer screenings are not a luxury, they are a lifeline.

Cost can be a significant barrier to these important preventive screenings for those without insurance or the underinsured.

CATHERINE OLIVEROS, DrPH  
Vice President of Community Health Improvement | A part of Texas Health Community Hope

For thousands of people across North Texas, the Wellness for Life® Mobile Health program has been the difference between putting off care and finally being seen. Through specially equipped mobile health units, the program delivers care where it is needed to create healthier futures through trusted community solutions. The program offers mammograms, cervical and colorectal cancer screenings, well-woman and well-man exams, and vital blood tests for diabetes, high blood pressure, and cholesterol.

For 33 years, these mobile units have been more than clinics on wheels; they have been lifelines. By meeting people where they are—often for their first preventive exam in years—the program has delivered hope, dignity, and early detection to more than 164,500 North Texas residents.

Patients receive education to help prevent cancer, guidance to navigate their care, and follow-up if results need attention. Because the program is comprehensive, patients who need additional testing or help managing new health conditions are connected to the right care.

The Wellness for Life® team includes a bilingual Community Health Worker (CHW) who helps build trust in the communities we serve, providing education, fostering awareness, and initiating outreach to community partners. In 2025, the Wellness for Life® CHW visited 46 sites, providing important healthcare information, answering

questions, and referring patients to Texas Health mobile screening services and chronic disease management programs.

The mobile health program recently introduced point-of-care testing for diabetes and high cholesterol, giving patients immediate results and on-the-spot education. In 2025, 738 people were screened across 11 community events. Results show that 27% were identified as prediabetic and 24% as diabetic — many learning of their risk for the first time. By offering rapid screening, education, and coordinated follow-up, the program helped patients engage in earlier, more effective management of their health.



**The mobile clinic was the start of it all. If I had never gone there, I would have never reached the breast center and would have never realized I had breast cancer.**

**I hope people find the courage to go out there and get checked. I'm just grateful that it wasn't too late for me. I still have time. The faster you catch it, the better.**

— ARIANA SALDIERNA



## A friend told her about the Wellness for Life® Mobile Health program

Ariana Saldierna hadn't initially been concerned about the lump and pain she was experiencing in her right breast. She'd had a similar lump and pain in her left breast more than a decade earlier that had gone away after it was looked at by a doctor, who advised her to avoid caffeine. But in February, when the 42-year-old mother's symptoms persisted and the lump in her right breast began growing bigger, Ariana began looking for help.

During a February appointment, staff quickly recognized Ariana's symptoms required more than a routine screening mammogram. They referred her for diagnostic screenings at the Kupferle Breast Center at Texas Health Harris Methodist Hospital Fort Worth, where she ultimately learned she had Stage 3 breast cancer.

Diagnosed with triple-negative breast cancer, Ariana is currently in treatment. She said she frequently shares her breast cancer story with others to encourage them to get screened and let them know that resources like Texas Health's mobile health program are available to help.

## Mammogram Highlights

According to the [National Breast Cancer Foundation](#), one in eight women will be diagnosed with breast cancer, making mammograms an important part of a woman's healthcare and for some, a life-saving measure. On the mobile health unit, screening mammograms are offered to women ages 40 and older who have not had a mammogram in the last 12 months. Patients with abnormal screening results are navigated to diagnostic testing and follow-up care.

**2,912**

mammograms provided

**392**

referred for diagnostics

**25**

breast biopsies

**3**

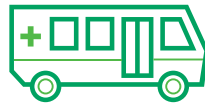
breast cancers detected

**270**

clinical breast exams provided



In 2025 Texas Health's mobile units visited **309 sites** covering a service area of **12 counties** and more than **9,300 miles**.



## Additional Services Highlights

The mobile health unit provides additional healthcare services including wellness exams, pap smears, and prostate and colon cancer screenings. Wellness exams include blood tests for diabetes and cholesterol.

**270**

well woman exams provided

**5**

pap exams referred for diagnostics

**265**

cervical cancer screenings



**153**

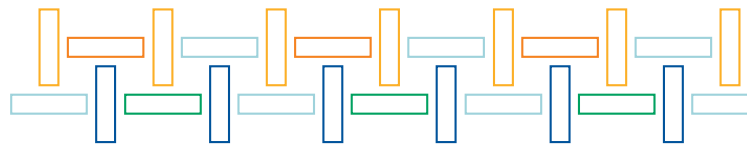
colon kits distributed

**63**

colon kits returned and evaluated

**6**

referred for diagnostics



**1,168**

cardio/bloodwork procedures performed

**90**

patients identified with pre-diabetes

**761**

prostate screenings\*

**72**

referred for diagnostics



**Texas Health Resources Foundation®**

\*Services provided by third party vendors are not included in the overall data totals reported by our Mobile Health program  
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