



# Take time to take care of yourself

**Well woman exams are the foundation for wellness, health promotion and disease identification and management throughout your life.**

A basic well woman exam is performed in four parts: the health history, physical exam including a breast exam, pelvic exam, and an assessment for other health problems. Always remember to discuss all healthcare issues with your care provider—your best source for advice on healthy living.

## **What should I expect during my annual exam?**

A well woman visit may include a lot more, including blood pressure testing and screens for high cholesterol, high blood sugar, or abnormal thyroid levels.

- General physical exam (including breast exam)
  - Pelvic exam (pap smear). The Pap test is a medical screening method primarily designed to detect premalignant and malignant cells in your cervix
  - Update of life and work situation
  - Update of family health history (any new serious illnesses in your family?)
  - Review of your health history
  - Update of current medications, herbs, and supplements (bring a list)
  - Need for medication refills
  - Evaluation of need for health screening tests based on age and personal and family history (such as mammogram, test for sexually transmitted diseases, and colon cancer screening)
  - Update on immunizations
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Well-woman checks can be done by an OB/GYN specialist, family practitioner, internist, or mid-level practitioner. When calling for your appointment, let the scheduler know if you have health issues to discuss, so more time can be allowed. A big part of maintaining your health is being very proactive. It's easier for a physician to help you do this if you're seen more often to prevent health issues now that may affect your quality of life in the future.

### Unites States Preventive Services Task Force (USPSTF) recommendations

The following are age-based recommendations from the USPSTF for well-woman care.

- **Ages 21-29:** screening for cervical cancer every 3 years with cervical cytology alone
- **Ages 30-65:** (1) screening every 3 years with cervical cytology alone (2) screening every 5 years with high-risk human papillomavirus (hrHPV) testing alone (3) screening every 5 years with hrHPV testing in combination with cytology (co[1]testing)
- **Ages 65 and older:** screening for osteoporosis with bone measurement testing to prevent osteoporotic fractures

### Preventive services

The following benefits are available to eligible members and their dependents enrolled in the HealthChoice medical benefit plans.

- \$0 copay
- no deductible or coinsurance
- includes two preventive services and office visits per calendar year for members and dependents ages 18 and older
- one mammogram per year for women ages 40 and older

### Have questions or need help?

For questions or assistance finding a doctor, call the HealthChoice Care Management team at **888-750-3232**. The team consists of registered nurses, pharmacists and doctors available, at no cost, to assist and supplement your doctor's care. For more information, visit **hccarecoordination.com**.

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