



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: health history, physical exam including breast exam, pelvic exam, and assessment for other health problems. Always remember to discuss all health care issues with your provider—your best source for advice on healthy living.

What should I expect during my annual exam?

- General physical exam (includes 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.

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.

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.

United 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; and (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

These benefits are available to eligible members and their dependents enrolled in the HealthChoice medical benefit plan when seeing a HealthChoice network provider.

- \$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.

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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