



Make your preventive care a priority!

Preventive care is important during and after your pregnancy, and is FREE when you use in-network providers. Keep this list of important health screenings and visits handy.

✓	What	When	Why
	Prenatal Visits	Throughout pregnancy; begins monthly and will more frequent as you get closer to your due date.	Prenatal visits check on the health of you and baby during pregnancy to lower the risk of complications.
	Post Partum Visit(s)	1-12 weeks after delivering	This visit gives you the opportunity to talk to your provider, ensure you are healing and allows you to make future family planning decisions.
	Cervical Cancer Screening (Pap Smear)	Ages 21-65, every 3-5 years, depending on whether your screening was combined with testing for HPV	Regular Pap and HPV testing can help find abnormalities before they turn into cancer.
	Breast Cancer Screening (Mammogram)	Beginning at age 40, women should talk to their provider about when to start having screenings based on their personal risk factors.	Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Having regular mammograms can lower the risk of breast cancer.
	Chlamydia Screening	For sexually active women, including pregnant persons: Age 24 or younger Age 25 years or older and at increased risk	Chlamydia usually has no symptoms and may lead to pelvic inflammatory disease (PID). Untreated it can damage reproductive organs and lead to ectopic pregnancy, infertility, or chronic pelvic pain. Newborns of pregnant persons with an untreated infection can develop complications.
	Immunization Vaccines	Talk to your provider about which vaccines are recommended during and after your pregnancy, such as COVID-19 and the flu.	Antibodies from vaccines help protect you and baby. Vaccines can save lives, even for otherwise healthy people.
	Colorectal Cancer Screening	Beginning at age 45, or younger based on your personal risk factors	Special tests and procedures are available that can help identify colorectal cancer early, when it is easier to cure.

Visit UniveraHealthcare.com/preventivecare for a more complete list of recommended preventive care for adults.

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