CHECKLIST FOR WOMEN'S HEALTH

# Make Preventive Care A Priority

Take control of your health today to ensure a healthier tomorrow. This checklist makes it easier to keep the most essential screenings and doctor visits top of mind. Plus, preventive care services are covered at no additional cost to you*, so saving is easier, too.

| What | Who + When | Why |
|---|---|---|
| ◯ **OB/GYN Visit** | **Under Age 65**<br>Once a year | This once-a-year visit with your doctor is a great opportunity to touch base and share any concerns. |
| ◯ **Blood Pressure Screening** | **Age 40+ or high risk**<br>Once a year<br>**Age 18–40 and not high risk**<br>Every 3–5 years | Getting your blood pressure checked can give your doctor important information about your risk for stroke and heart attack. |
| ◯ **Cervical Cancer Screening** | **Age 21-65**<br>Every 3 years (talk to your doctor about which options are best for you) | Regular Pap and HPV testing before you have any symptoms can help find abnormalities before they turn into cancer. |
| ◯ **Cholesterol Screening** | **Everyone**<br>Every 4–6 years, more often if you have family history or other risk factors | Too much cholesterol makes it harder for blood to flow through your body. Lower your risk by eating healthier and exercising. |
| ◯ **Colorectal Cancer Screening** | **Ages 50-75**<br>Regular testing; earlier if at higher risk | Special tests can detect colorectal cancer early, which makes it easier to treat. |
| ◯ **Diabetes (Type 2) Screening** | **Age 40–70 and overweight/obese**<br>Once a year | There are lots of ways to prevent and manage diabetes if you're aware of your risk. |
| ◯ **HIV Screening** | **Age 15–65**<br>At least once in lifetime; once a year if at high risk | The only way to know you don't have HIV is to get tested. |
| ◯ **Immunization Vaccines** | **Everyone**<br>As directed by your doctor | Vaccinations aren't just for kids. Some vaccines can wear off as you age, and more vaccines have become available since you were a child. |
| ◯ **Mammography Screening** | **Age 40+**<br>Every 1–2 years | Incredible advancements have been made in early breast cancer detection and care planning. |
| ◯ **Obesity Screening and Counseling** | **Everyone**<br>As directed by your doctor | Maintaining a healthy weight can give you more energy and reduce your risk for serious health conditions. |

These are just some of the preventive care services available to you.

**For a full list of what's covered, visit univerahealthcare.com/preventivecare**

univera HEALTHCARE

Download on the App Store | GET IT ON Google Play

Download the **Univera Healthcare app** and register your online account.

*A well visit or preventive service can sometimes turn into a "sick visit", in which out-of-pocket expenses for deductible, copay and/or coinsurance may apply. There may also be other services performed in conjunction with the above preventive care services that might be subject to deductible, copay and/or coinsurance. Does not include procedures, injections, diagnostic services, laboratory and X-ray services, or any other services not billed as preventive services.

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。 请参见随附的文件以获取我们的联系方式。

Copyright © 2020, Univera Healthcare. All rights reserved.

UN-2898/15094-21M