CHECKLIST FOR WOMEN'S HEALTH

MAKE PREVENTIVE CARE A PRIORITY

Let's 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
☐	**Annual OB/GYN Visit**	**Age 18- 65 (younger if sexually active)** 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 18+** Once a year	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** Every 3-5 years (talk to your doctor about which options are best for you)	Regular Pap and HPV testing based on your health history and before you have symptoms can help find abnormalities before they turn into cancer.
☐	**Cholesterol Screening**	**Everyone** 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**	**Age 45-75** 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 35-70 and overweight/obese** 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 (or based on risk)** 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. HIV screening is important at any age if you are at risk.
☐	**Immunization Vaccines**	**Everyone** As directed by your doctor	Vaccinations aren't just for kids. Vaccines can save lives, even for otherwise healthy people.
☐	**Lung Cancer Screening**	**Everyone, Ages 50-80 with a history of heavy smoking** Once a year	Adults are at high risk for lung cancer if they're heavy smokers (30 year history), currently smoke, or have quit in the past 15 years.
☐	**Mammography Screening**	**Age 50+** Every 1-2 years	Screening may result in earlier detection and possible cure. Women younger than 50 and with a family history, or older than age 75 should talk with their health care provider.
☐	**Obesity Screening and Counseling**	**Everyone** As directed by your doctor	Maintaining a healthy weight can give you more energy and reduce your risk for serious health conditions.
☐	**Osteoporosis Screening**	**Age 65+ (or postmenopausal)**	A bone measurement screening is recommended. Risk increases with age. Reduce your risk with exercise and a diet rich in calcium and vitamin D.

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

For a full list of what's covered, visit ExcellusBCBS.com/PreventiveCare

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*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.

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