

Women's health: preventive care, prevention gaps, and whole-person wellness

As we move into October, we're focusing on the unique health needs of women across all stages of life. Women often prioritize the care of others while postponing their own preventive care and wellness needs, which can lead to overlooked risks and long-term health impacts.

At Excellus BlueCross BlueShield, we're committed to helping members stay proactive about their health. This month's webinar will explore key areas of women's health that are frequently missed, along with practical strategies to support prevention, early detection, and overall wellbeing.



Join us for this 45 minute engaging webinar, hosted by Excellus BCBS Medical Director, **Dr. Kathleen Robischon**. This session will cover:

- **Preventive care for women:** Key screenings, routine checkups, and age-appropriate care
- **What's often overlooked:** Symptoms and conditions that are frequently missed or under-addressed in women
- **Wellness opportunities:** Everyday practices that support physical, mental, and emotional wellbeing
- **Self-care without guilt:** How to prioritize your own health when you're used to putting others first
- Additional benefits and resources to support your wellbeing*

When our members have the resources and support to prioritize their health and wellbeing, everybody benefits.

Webinar date: Thursday, October 29

Webinar time: Noon - 12:45 p.m.



To register for the upcoming webinar, please scan the QR code or click [here](#).

Excellus 

Everybody Benefits

*Availability of benefits and coverage varies by contract.
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