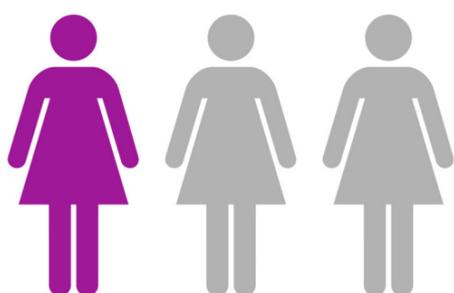


Schedule Your Well-Woman Visit

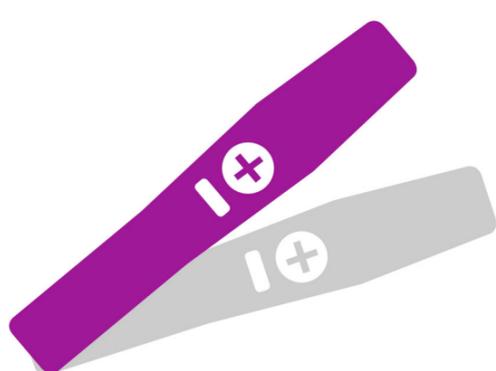


Did you know? Most health plans are required to cover an annual well-woman visit at no cost to you! Thanks to the Affordable Care Act, it's easier than ever for you to check up on your health.



Almost **1 out of 3** women reports not visiting a doctor because of cost.¹

More than **75%** of women 40 to 60 years old have at least **one risk factor for heart disease**, the most common cause of death in women in the United States.²



1 out of every 2 pregnancies is not planned.³ Women should talk to their doctor about family planning and birth control.

Tips

You can choose from any primary care provider or OB-GYN in your health plan's network without a referral. Before you go to your well-woman visit, remember to:

- ✔ Bring a list of your medications and know why you take them
- ✔ Use **My Family Health Portrait** to know your family's health history
- ✔ Make a list of your questions and concerns



Schedule your well-woman visit

A well-woman visit is a time to see your health care provider to:

- ▶ Discuss family history, family planning, and personal habits, such as alcohol and tobacco use
- ▶ Schedule necessary tests, such as screenings for high blood pressure, high cholesterol, sexually transmitted diseases, and more
- ▶ Set health goals, such as being active and maintaining a healthy weight



- ▶ Learn which screenings women need at womenshealth.gov/screening-tests-and-vaccines.
- ▶ Learn more about the Affordable Care Act and how it benefits women at HealthCare.gov.
- ▶ Learn more about National Women's Health Week at womenshealth.gov/nwhw.



Sources

¹ www.iom.edu/Reports/2011/Clinical-Preventive-Services-for-Women-Closing-the-Gaps.aspx

² www.nhlbi.nih.gov/health/health-topics/topics/hdw/atrisk.html

³ www.ncbi.nlm.nih.gov/pmc/articles/PMC3338192/