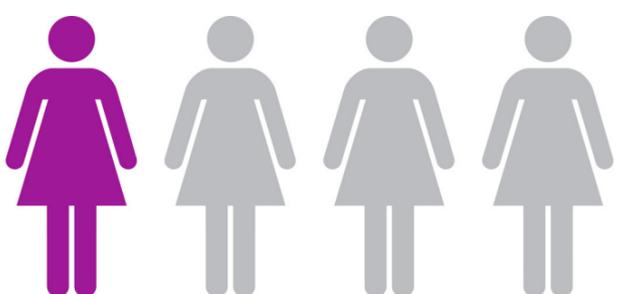


# Schedule Your Well-Woman Visit

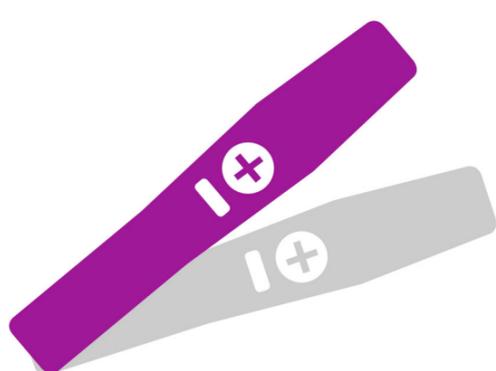


**Did you know?** Most health plans are required to cover an annual well-woman visit at no cost to you! Thanks to the Affordable Care Act, it's easier than ever for you to check up on your health.



**1 out of 4** women reports not visiting a doctor because of cost.<sup>1</sup>

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.<sup>2</sup>



Almost **1 out of every 2 pregnancies is not planned**.<sup>3</sup> 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 medicines 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, and sexually transmitted diseases
- ▶ Set health goals, such as being active and maintaining a healthy weight



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



### Sources

<sup>1</sup> [www.kff.org/womens-health-policy/report/women-and-health-care-in-the-early-years-of-the-aca-key-findings-from-the-2013-kaiser-womens-health-survey/](http://www.kff.org/womens-health-policy/report/women-and-health-care-in-the-early-years-of-the-aca-key-findings-from-the-2013-kaiser-womens-health-survey/)  
<sup>2</sup> [www.nhlbi.nih.gov/health/health-topics/topics/hdw/atrisk.html](http://www.nhlbi.nih.gov/health/health-topics/topics/hdw/atrisk.html)  
<sup>3</sup> [www.ncbi.nlm.nih.gov/pubmed/26962904](http://www.ncbi.nlm.nih.gov/pubmed/26962904)