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.

More than 75% of women age 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.¹

Almost 1 out of every 2 pregnancies is not planned. 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.
- 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
² www.nhlbi.nih.gov/health/health-topics/topics/hdw/atrisk.html
³ www.ncbi.nlm.nih.gov/pubmed/26962904