

What is preventive health care?

Preventive health care helps stop or catch an illness before it begins.

What are preventive health care services?

Preventive health services and screenings can keep you healthy! These services also help find diseases and infections early, when they are often most treatable. Some examples of preventive health services are screening tests, education, and counseling:

- ✓ healthy eating and exercise
- ✓ screening for chronic diseases
- ✓ reproductive life planning
 - ✓ immunizations
- ✓ screening for infectious diseases
 - ✓ mental health



Where can you find preventive health services?

You can receive preventive health services and information from your doctor, nurse midwife/nurse practitioner, physician assistant/associates, or other types of health care clinicians.

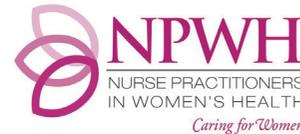
Staple your business card here.

What is WPSI?



Women's Preventive Services Initiative (WPSI) is a group of experts in women's health that make recommendations based on scientific evidence. Most insurance companies are required to cover WPSI recommendations without out-of-pocket costs.

Partner Organizations



Members of the advisory panel support WPSI

Women's Preventive Services Initiative (WPSI)

<https://www.womenspreventivehealth.org>



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Preventive Health for Women of All Ages

When Women Are Healthy, Communities Thrive.

Good quality and affordable health care is important for everyone. Ask your doctor or health care clinician about the services, including the ones in this pamphlet, that you need today!



How can you talk with your health care clinician about preventive health?

Talking with your clinician about preventive health is important. Where do you start? What do you say? When you meet with your clinician, remember that you are an expert on your body and well-being. Here are some examples of how to begin a conversation with your clinician:

1. What is important to you?

Script: _____ is very important to me.

Example: "My mental health is very important to me."

2. What's working with your health?

Script: I'm feeling really good about _____.

Example: "I'm feeling really good about the birth control I am using."

3. What's not working with your health?

Script: I'm not feeling good about my _____.

Example: "I'm not feeling really good about my breastfeeding routine."

4. Are there any specific issues that you would like to discuss today?

Script: I would like to talk about _____.

Example: "I would like to talk about my eating habits and exercise routine"

What are the WPSI recommendations for women?

WPSI has recommendations for the topics listed below. New topics are added every year. You may want to talk with your clinician about:

♥ Breastfeeding

Are you thinking about breastfeeding? Are you breastfeeding now? Ask your clinician why breastfeeding is important.

♥ Contraception

Not wanting to get pregnant? Talk with your clinician about what type of birth control may be right for you. Timing is everything!

♥ Counseling for Sexually Transmitted Infections (STIs)

Are you sexually active? If so, your clinician can talk with you about preventing STIs.

♥ Preventing Obesity in Midlife Women

If you are between the ages of 40-60 years old, talk with your clinician about maintaining a healthy weight through healthy eating and staying active.

♥ Screening for Anxiety

Feeling worried, nervous, or on edge? Speak to your clinician about anxiety and resources available to you.

♥ Screening for Breast Cancer

Talk with your clinician about your risk of breast cancer. Ask your clinician about when and how often to screen for breast cancer.

♥ Screening for Cervical Cancer

Depending on your age and other risk factors, you may need this screening. Speak with your clinician about when and how frequently.

♥ Screening for Diabetes Mellitus After Pregnancy

Talk to your clinician about being screened for diabetes after pregnancy if you have a history of gestational diabetes (GD) and weren't diagnosed with type 2 diabetes before pregnancy.

♥ Screening for Gestational Diabetes (GD)

GD is diabetes during pregnancy. All pregnant women should be screened for GD after 24 weeks of pregnancy.

♥ Screening for Human Immunodeficiency Virus (HIV)

Your clinician should talk with you about your risk of HIV at your checkup every year. You may or may not need to get tested, but it's great to stay informed.

♥ Screening for Interpersonal and Domestic Violence

Talk with your clinician about healthy and safe relationships and where to get help if needed.

♥ Screening for Urinary Incontinence

Are you experiencing involuntary loss of urine? Talk to your clinician about how this impacts your activities and quality of life.

♥ Well-Woman Preventive Visits

Visit your clinician for a well-woman checkup at least once a year. This visit should focus on health issues that are important to you.

Notes:
