

# SCHEDULE YOUR WELL-WOMAN VISIT TODAY!

Preventive health care helps stop illness before it starts! Visit your clinician at least once a year for a well-woman preventive visit, even if you're healthy. This visit should address issues that are important to you.

Below are some of the services available to you:

## **Cervical Cancer Screening**

Depending on your age and other risk factors, you may need this screening. Talk with your clinician about how often to get screened for cervical cancer.

## **Breast Cancer Screening**

Discuss your risk of breast cancer with your clinician. Ask when to start and how often to get screened for breast cancer.

## **Contraception**

If you don't want to get pregnant, talk with your clinician about choosing the right birth control method for you. Some examples include an intrauterine device (IUD), implant, birth control pill, ring, or patch.

## **Counseling for Sexually Transmitted Infections (STIs)**

Learn more about preventing sexually transmitted infections (STIs) such as chlamydia, genital herpes, and gonorrhea.

## **Human Immunodeficiency Virus (HIV) Screening**

Your clinician could talk with you about HIV at your well-woman visit. You may not need to get tested, but it's best to be informed.

## **Interpersonal and Domestic Violence**

Every woman deserves healthy and safe relationships. Your clinician is there for support if help is needed.

## **Preventing Obesity in Midlife Women**

If you are between the ages of 40 and 60, your clinician can speak with you about eating healthy and staying active during this stage of your life.

## **Screening for Anxiety**

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

## **Screening for Urinary Incontinence**

There's no need to be embarrassed about leaking urine. Talk with your clinician about how this impacts your daily activities and quality of life.



**Talk to your clinician about the best way to access these services.**



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## **Gestational Diabetes (GD)**

GD is diabetes during pregnancy. All pregnant women should have their blood sugar tested after 24 weeks of pregnancy.

## **Diabetes Mellitus After Pregnancy**

Talk with your clinician about being screened for diabetes after pregnancy if you had a history of diabetes during pregnancy.

## **Breastfeeding Services and Supplies**

Are you thinking about breastfeeding? Are you breastfeeding now? Ask your clinician why breastfeeding is important and what supplies you need.



Most health insurance plans are required to cover WPSI recommendations without cost to you.

Don't have a healthcare clinician? Call the number on the back of your insurance card to find a clinician in your area.

Don't have insurance? You can find information about plans or affordable clinics in your community here:

<https://www.healthcare.gov>



*To view more recommendations for well-women care, visit:*

[www.WomensPreventiveHealth.org/WellWomanChart](http://www.WomensPreventiveHealth.org/WellWomanChart)

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