

## What is preventive health?

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

## What are preventive health care services?

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

### Preventive care includes:

- ✓ reproductive life planning
- ✓ healthy eating and exercise
- ✓ screening for chronic diseases
  - ✓ 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, physician assistant, or other types of health care providers.

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 plans 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 provider today about the services, including the ones in this pamphlet, that you need today!



## How can you talk with your health care provider about preventive health?

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



### 1. What is important to you?

Script: \_\_\_\_\_ is very important to me.

Example: "Checking my HIV status is very important to me."

### 2. What's working with your health?

Script: I'm feeling really good about my \_\_\_\_\_.

Example: "I'm feeling really good about my breastfeeding routine."

### 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 current form of birth control."

## What does WPSI recommend for women?

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

### ♥ Breastfeeding

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

### ♥ Screening for Anxiety

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

### ♥ Screening for Breast Cancer

Talk with your health care provider about your risk of breast cancer. Ask your provider 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 health care provider about when and how frequently.

### ♥ Screening for Human Immunodeficiency Virus (HIV)

Your health care provider should talk with you about 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 health care provider about healthy and safe relationships, and where to get help if needed.

### ♥ 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 Diabetes Mellitus After Pregnancy

Talk to your provider about being screened for diabetes in the postpartum period if you have a history of GD and weren't diagnosed with type 2 diabetes before pregnancy.

### ♥ Contraception

Waiting to start a family? Talk with your provider 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 provider can talk with you about your risk of STIs.

### ♥ Well-Woman Preventive Visits

Every year, visit your health care provider for a well-woman checkup. This visit should focus on health issues that are important to you.

### ♥ Screening for Urinary Incontinence

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

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