

## What is preventive health?

Preventive health care is care that helps stop 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 type of health care provider.



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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This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under a cooperative agreement (UHoMC29440).



## When Women Are Healthy, Communities Thrive.

Good quality and affordable health care is important for everyone. The Women's Preventive Services Initiative (WPSI) believes that the health and well-being of every woman is important.



## 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, health, 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 feeling really good about my current form of birth control."

## What are the WPSI Recommendations for preventive services for women?

WPSI currently has recommendations for care around the following eleven topics. New topics are added annually. 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 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 that arises 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 GM 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 address 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.

## What can we do today to address these topics?

Checklist:



Notes:

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