



# Women: Protect Yourself WITH THESE PREVENTIVE SERVICES

**Did you know that many women's preventive health services are covered at 100% with no deductible?**

*Preventive means you do not have symptoms of illness or a medical history that requires treatment or screening. You already know how important these services are to your ongoing health. Now it's easier — and more affordable than ever — to get them. Here's a quick guide to the most common services.*

## Preventive Care for Women

- Get an annual pelvic and clinical breast exam.
- Get a Pap test every 1–3 years, based on your medical history.
- At age 40: Get a mammogram every 1–2 years or as recommended by your health care provider.
- Genetic testing: Speak with your provider about one-time genetic assessment for breast and ovarian cancer susceptibility. If you are BRCA positive or if you are untested and an immediate family member is a BRCA carrier, talk to your doctor about an annual breast MRI.
- Bone mineral density screening for age 65+: Have a bone mineral density screening every two years. Your doctor may recommend earlier or more frequent screening if you are a younger, post-menopausal woman who has had a fracture or has one or more risk factors for osteoporosis.
- Human Papilloma Virus (HPV) vaccine: This vaccine, which is a one-time, three-dose series, is recommended for girls and women ages 9 through 26 who have not yet been vaccinated.

These preventive services can help you find a condition before it becomes serious. Knowing your risks can help you and your doctor make changes to improve your health. Please note that these services are generally covered at 100% only when you go to the in-network providers for a checkup.

