

CHECKLIST FOR WOMEN'S HEALTH

MAKE PREVENTIVE CARE A PRIORITY

Let's take control of your health today to ensure a healthier tomorrow. This checklist makes it easier to keep the most essential screenings and doctor visits top of mind. Plus, preventive care services are covered at no additional cost to you,* so saving is easier, too.

	What	Who + When	Why
<input type="checkbox"/>	 Annual OB/GYN Visit	Under Age 65 Once a year	This once-a-year visit with your doctor is a great opportunity to touch base and share any concerns.
<input type="checkbox"/>	 Blood Pressure Screening	Age 40+ or high risk Once a year Age 18–40 and not high risk Every 3–5 years	Getting your blood pressure checked can give your doctor important information about your risk for stroke and heart attack.
<input type="checkbox"/>	 Cervical Cancer Screening	Age 21-65 Every 3 years (talk to your doctor about which options are best for you)	Regular Pap and HPV testing before you have any symptoms can help find abnormalities before they turn into cancer.
<input type="checkbox"/>	 Cholesterol Screening	Everyone Every 4–6 years, more often if you have family history or other risk factors	Too much cholesterol makes it harder for blood to flow through your body. Lower your risk by eating healthier and exercising.
<input type="checkbox"/>	 Colorectal Cancer Screening	Age 50–75 Regular testing; earlier if at higher risk	Special tests can detect colorectal cancer early, which makes it easier to treat.
<input type="checkbox"/>	 Diabetes (Type 2) Screening	Age 40–70 and overweight/obese Once a year	There are lots of ways to prevent and manage diabetes if you're aware of your risk.
<input type="checkbox"/>	 HIV Screening	Age 15–65 At least once in lifetime; once a year if at high risk	The only way to know you don't have HIV is to get tested.
<input type="checkbox"/>	 Immunization Vaccines	Everyone As directed by your doctor	Vaccinations aren't just for kids. Some vaccines can wear off as you age, and more vaccines have become available since you were a child.
<input type="checkbox"/>	 Mammography Screening	Age 40+ Every 1–2 years	Incredible advancements have been made in early breast cancer detection and care planning.
<input type="checkbox"/>	 Obesity Screening and Counseling	Everyone As directed by your doctor	Maintaining a healthy weight can give you more energy and reduce your risk for serious health conditions.

These are just some of the preventive care services available to you. For a full list of what's covered, visit [ExcellusBCBS.com/PreventiveCare](https://www.ExcellusBCBS.com/PreventiveCare)



Download the **Excellus BCBS app** and register your online account.

*A well visit or preventive service can sometimes turn into a "sick visit," in which out-of-pocket expenses for deductible, copay and/or coinsurance may apply. There may also be other services performed in conjunction with the above preventive care services that might be subject to deductible, copay and/or coinsurance. Does not include procedures, injections, diagnostic services, laboratory and X-ray services, or any other services not billed as preventive services.