

MAY



Women's Health Month



Women's Health Month is a reminder for women and girls to focus on their overall well-being. By nurturing your body and mind, maintaining healthy routines, and keeping up with medical appointments, you are taking important steps toward lifelong health.

Get Your Screenings

Listed below are some of the highly recommended screenings for women per the Affordable Care Act (ACA). The following list of preventive services for women is covered with no copayment or coinsurance. This applies even if you haven't met your annual deductible.*

- **Annual Physical Exams:** Regular check-ups help monitor blood pressure, cholesterol, and other key health indicators (once every 12 months).
- **Colon Cancer Screening:** Recommended for adults starting at age 45 and every 10 years thereafter.
- **Breast Cancer Screening:** Mammograms are recommended for women starting at age 40 and every 1-2 years thereafter, or earlier based on individual risk.
- **Cervical Cancer Screening:** Pap tests and HPV screenings are recommended for women starting at age 21.
- **Bone Density Screening:** For all women over age 65, or for women under age 65 who have gone through menopause.

*Preventive services are only covered at no cost when received at the recommended intervals per ACA guidelines. Services received outside these intervals may be subject to member cost sharing.

Please note: This information is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your healthcare provider for medical concerns. Please refer to your plan documents for specific benefit details and limitations.

Tips for Staying Healthy

- Schedule regular check-ups and screenings. To locate an in-network doctor, sign in to www.uhc.com and select **Find Care & Costs**.
- Talk to your healthcare provider about preventive services. You can explore the covered preventive services for women available at no cost [HERE](#).
- Seek immediate care for urgent maternal warning signs if pregnant or recently delivered.
- Write down questions or concerns for your appointments.
REMINDER! EMR employees and dependents have access to 24/7 Virtual Visits, where you connect to a care provider by phone or video through the UHC app. Providers can treat a range of non-emergency health conditions—and may even prescribe medication when appropriate.

Women's Health Month is a great time to learn about health risks, schedule preventive care, and make your health a priority.

Sources:

- www.myallyhealth.org/about/blog/may-is-womens-health-month/
- www.cdc.gov/womens-health/features/nwhw.html
- <https://www.healthcare.gov/preventive-care-women/>



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