

TAKE CARE OF YOUR ONE-OF-A-KIND SELF



Preventive health screenings for women

To help keep your one-of-a-kind self in top shape, it's important to keep up with the preventive screenings for the following.

Breast cancer:* If you are a woman age 40 or older, talk with your doctor about when to begin having mammograms and how often to have the screening done.

Blood pressure:* Have your blood pressure checked during your preventive health visit. Depending on the results, your doctor will advise you on the frequency of your screening. Uncontrolled high blood pressure can increase your risk of having a heart attack and stroke.

Cervical cancer:* A simple Pap test is the best way to detect early signs of cervical cancer – when the disease is highly curable and treatment is most effective. Talk with your doctor starting at age 21, to determine how often you should have this testing done. If you're age 30 and older, ask your doctor about human papillomavirus (HPV) which is a virus that can cause precancerous cell changes.

Chlamydia:* Symptoms are usually mild or absent, and serious complications can cause irreversible damage, including infertility. All sexually active women age 24 and younger, and women 25 and older with certain risk factors, should be screened.

Colorectal cancer:* If you're age 50 or older, getting a screening test for colorectal cancer could save your life. If you have a family history of colorectal cancer, you may need to be screened earlier. Talk with your doctor to decide which type of test is best for you.

Diabetes:* Get tested if you're at risk for diabetes. Talk with your doctor about your risk factors.

Healthy weight:* Body mass index (BMI) is calculated using your weight and height. Check your BMI annually to identify weight concerns that may lead to health problems.

Immunizations:* Immunizations can protect you from harmful infections. To find out what vaccines you may need, talk with your doctor.

Osteoporosis (bone density):* If you are age 65 or older, or younger with certain risk factors, your doctor may order this screening.

This screening information serves as a guideline only. Knowing certain test results will help you and your doctor better understand your health and see where you might need to make improvements. So, during regular checkups with your doctor, be sure to discuss your screenings and your health risk factors. To find a local doctor, visit our online provider directory on myCigna.com or call the toll-free number on your Cigna ID card.

Please check your plan document for coverage details, or call customer service at the number on your Cigna ID card for information about your coverage.



Together, all the way.®

* Centers for Disease Control and Prevention, "Prevention Checklist," <http://www.cdc.gov/prevention/index.html>. Updated 12/23/2015.

This information is for educational purposes only and is not intended as medical advice. Always consult with your doctor for appropriate examinations, treatment, testing and care recommendations.

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