

# Health Tips

Make Health Happen

WELL-WOMAN CHECKUPS

[www.anthem.com/inmedicaid](http://www.anthem.com/inmedicaid)

## Well-woman checkups can help you take control of your health

### Is it time for your next well-woman checkup?

If you feel healthy, that's great. It's important to see your doctor each year for a well-woman checkup even if you are feeling well. You and your doctor can work together to help keep you healthy and feeling well.

At your visit, you and your doctor can talk about:

- Your health goals
- How to make healthy lifestyle changes
- Questions or concerns you may have

Call your doctor now to set up your next well-woman checkup.

My doctor's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Checkup date and time: \_\_\_\_\_

Look at the list of health services below to get an idea of the ongoing care you may need. Put a check by anything you have questions about. Then bring this health tip to your well-woman checkup. It will help remind you of what to ask the doctor.

### Health screenings and tests:

- Behavioral health screening
- Blood pressure screening
- Cancer screenings – based on personal healthy history and risk factors
  - Breast cancer screening by use of a mammogram. A mammogram is an X-ray of the breast. This is the best way to find breast cancer early.

- Colon cancer screening – several different tests can be used. A colonoscopy test may be the most common and is suggested if you are age 50.
- Pap test and pelvic exam – The Pap test is used to look for changes in the cells of the cervix and vagina that show cancer or conditions that may develop into cancer. Routine screening is suggested every three years from age 21 through 65. For women age 30 – 65 who have a normal Pap test with a negative human papilloma virus (HPV) test, screening every five years is considered enough.
- Cholesterol screening
- Diabetes screening
- Human immunodeficiency virus (HIV) and sexually transmitted disease (STD) screenings
- Osteoporosis screening – bone density test

### Vaccines:

- Flu vaccine – each year
- Human papillomavirus (HPV) vaccine – before age 26
- Pneumonia vaccine – age 65 or sooner for people with certain chronic health conditions
- Shingles (herpes zoster) vaccine – age 60
- Tetanus-diphtheria booster – every 10 years
- Talk with your doctor about other vaccines you may need

For more information about staying healthy, visit [www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org).



Serving Hoosier Healthwise,  
Healthy Indiana Plan and Hoosier Care Connect

### Helpful phone numbers for Anthem Blue Cross and Blue Shield members only

#### Member Services and 24/7 NurseLine:

- Hoosier Healthwise and Healthy Indiana Plan - 1-866-408-6131
- Hoosier Care Connect - 1-844 284-1797
- TTY: 711

*Screening tests for women*, <http://www.womenshealth.gov/screening-tests-and-vaccines/screening-tests-for-women/> February 16, 2015.

*Vaccine Information for Adults*, <http://www.cdc.gov/vaccines/adults/resources.html>. February 16, 2015.

Call for free translation/Llame para una traducción sin costo:  
1-866-408-6131 (Hoosier Healthwise, Healthy Indiana Plan);  
1-844-284-1797 (Hoosier Care Connect); TTY 711.