

Support women's health

Encourage preventive care today



Throughout Women's Health Month (May) and beyond, Independence Blue Cross seeks to support you in ensuring that your patients (our members) are current with all recommended preventive care services.¹

This checklist includes some of the most critical preventive care visits and screenings for women. We encourage you to share this list with your patients and discuss preventive care services you deem most appropriate.

As you know, helping your patients practice proactive monitoring and prevention may help keep minor issues from becoming major health concerns.

Women and heart disease

Heart disease is the leading cause of death in women in the United States.²

Patients ages 40-75 can reduce their risk for heart disease by taking any prescribed medications for cholesterol or hypertension as directed.

| Visits | | | Frequency | |
|------------|-------------------------------------|--|-------------------------------------|---|
| ✓ | Well-woman visits | <ul style="list-style-type: none">Well visitHeart health check-in | Annual | |
| ✓ | Prenatal and postpartum care visits | Screen for postpartum depression | During pregnancy and post-pregnancy | |
| Screenings | | | Age range ³ | Frequency |
| ✓ | Breast cancer screening | Mammogram | 40-74 ⁴ | Annual |
| ✓ | Cervical cancer screening | Pap test | 21-65 ⁵ | <ul style="list-style-type: none">Cervical cytology: 3 yearshrHPV / hrHPV and cervical cytology: 5 years |
| ✓ | Diabetes screening | <ul style="list-style-type: none">Kidney health evaluationRetinal eye examControlled blood sugar (HbA1c) | 18-75 | Annual |
| ✓ | Osteoporosis screening | Bone density scan | 67-85 | Within 6 months after a fracture |

¹ Most Independence Blue Cross health plans include coverage for certain designated preventive care services at no cost to the member.

² <https://www.cdc.gov/heart-disease/about/women-and-heart-disease.html>

³ Screening recommendations may differ for women at higher than average risk.

⁴ www.cdc.gov/breast-cancer/screening/index.html

⁵ www.cdc.gov/cervical-cancer/screening/index.html

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