

# Annual checkup & well-woman visit

## Annual checkup

**All women need a general health check each year. This checkup is often referred to as an annual physical. Routine visits with your healthcare provider can help find problems early or prevent health problems before they occur. If problems are found early, they may be easier to treat and less likely to pose serious risks to your health.**

## Well-woman visit

A well-woman visit is an additional checkup that focuses on the female reproductive system and sexual health. Well-woman visits don't replace routine health checkups, but your doctor often can do both checkups at the same time. Some women decide to see a gynecologist for their well-woman visits.

The following checklist should be covered at either your annual checkup or your well-women visit:

- Medical history
- Family health history
- Relationships and sexual partners
- Eating habits and physical activity
- Use of alcohol, tobacco and other drugs
- Mental health history, including depression
- Measurement of your height and weight
- Calculation of your body mass index (BMI)
- Measurement of your blood pressure
- Performance of a breast exam (i.e., feeling your breasts and under your arms for lumps or other changes)
- Performance of a Pap test and pelvic exam
- Discussion of health topics relevant to your age and risk factors
- Determination of screenings and follow-up services that are right for you
- Creation of health goals through a written wellness plan

Most insurance plans cover both visits. Check with your insurance provider to understand what is covered by your plan.

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## What is covered by my insurance?

The Affordable Care Act requires most health plans to cover the following preventive services without charging you a copayment. This is true even if you haven't met your yearly deductible.

### For all adults

- Alcohol misuse screening and counseling
- Blood pressure screening
- Depression screening
- HIV screening
  - ▶ For everyone up to age 65, and for those over 65 if at increased risk
- Immunization vaccines (doses and recommended ages vary)
  - ▶ Hepatitis A
  - ▶ Hepatitis B
  - ▶ Herpes zoster
  - ▶ Human papillomavirus
  - ▶ Influenza (flu shot)
  - ▶ Measles, mumps, rubella
  - ▶ Meningococcus
  - ▶ Pneumococcus
  - ▶ Tetanus, diphtheria, pertussis
  - ▶ Varicella (chickenpox)
- Obesity screening and counseling
- Tobacco use screening and intervention

### For higher-risk adults

- Abdominal aortic aneurysm one-time screening
  - ▶ Men 65 – 75 who have smoked
- Aspirin use (for cardiovascular disease prevention)
- Cholesterol screening
  - ▶ Men over age 35
  - ▶ Anyone with risk factors for heart disease
- Colorectal cancer screening
  - ▶ Over 50
- Diabetes (Type 2) screening
  - ▶ Adults with high blood pressure
- Sexually transmitted infection prevention counseling
- Syphilis screening
  - ▶ All adults at higher risk

### Additional services for all women

- Breast cancer mammography screenings
- Cervical cancer screening
- Contraception (certain religious employers exempt)
- Domestic and interpersonal violence screening and counseling
- Sexually transmitted infections counseling

### Additional services for pregnant women

- Anemia
- Breastfeeding comprehensive support and counseling
- Folic acid supplements
- Gestational diabetes screening
- Hepatitis B screening
- Rh incompatibility screening
- Syphilis screening
- Tobacco cessation counseling
- Urinary tract or other infection screening

### Additional services for higher-risk women

- Breast cancer genetic test counseling (BRCA)
- Breast cancer chemoprevention counseling
- Chlamydia infection screening
- Gonorrhea screening
- Human Papillomavirus DNA test
  - ▶ Women over 30 with normal cytology results
- Osteoporosis screening
  - ▶ Women over 60, depending on risk factors