

## Your Preventive Care Checklist | Women 18 -39

### NEW YEAR, NEW YOU: MAKE THE MOST OUT OF YOUR HEALTH PLAN AND BENEFITS

Are you getting the preventive care you need? When it comes to regular checkups and screenings, many women are missing out. Check out the recommendations we've compiled for women in different age groups, then log in to Castlight to see what's covered by your plan.

These suggestions are based on recommendations from a number of preventive health task forces and expert organizations. But everyone's health is different. The most important part of preventive care is a regular visit to a primary care doctor, who can make recommendations tailored just for you.

#### FOR EVERY ONE

<input type="checkbox"/>	<b>Physical exam</b>	Annually
<input type="checkbox"/>	<b>Flu shot</b>	Annually, in fall
<input type="checkbox"/>	<b>Other immunizations</b>	Ask your doctor which ones are right for you
<input type="checkbox"/>	<b>Dental exam and cleaning</b>	Every six months or annually
<input type="checkbox"/>	<b>Reproductive health screening</b>	Annual pelvic exam and periodic screenings like Pap tests

#### DEPENDING ON YOUR HEALTH HISTORY AND NEEDS

<input type="checkbox"/>	<b>Vision exam</b>	If you have vision problems or wear corrective lenses
<input type="checkbox"/>	<b>Diabetes/blood glucose screening</b>	If you are overweight or have risk factors for diabetes or high blood pressure
<input type="checkbox"/>	<b>Cholesterol screening</b>	If you smoke, are overweight, or have risk factors for heart disease, high blood pressure, or diabetes
<input type="checkbox"/>	<b>Skin exam</b>	Periodically, if you have risk factors for skin cancer