

# Women's Preventive Health



UnitedHealthcare Community Plan wants you to take care of yourself. While the guidelines in this section apply to most women, you should discuss them with your doctor because **you may need more - or less - frequent checkups.**

Prevention is the key to decreasing the risk of disease. Here are some things that you can do to keep yourself healthy:

- don't smoke or use tobacco in any form
- eat a healthy diet
- exercise regularly (30 to 60 minutes at least three times a week)
- don't use illegal drugs or drink alcohol in excess
- practice safe sex
- always wear seat belts when driving
- see your doctor on a regular basis

Here are general guidelines for a healthy female who has no symptoms of disease

<h2>Doctor visits and exams</h2>	<p>A full physical exam with your doctor includes: health assessment, blood pressure, height, weight and body mass index (BMI), risk evaluation and counseling. <b>Let your doctor know if you have any history or family history of heart disease, cancer, diabetes (sugar), alcohol/drug use, domestic violence, sexual abuse or disease, suicide or depression.</b> You need an exam every 1-5 years according to your age, risks, or as ordered by your doctor.</p>
<h2>Tests</h2>	<p>The following tests are part of your regular doctor visits: diabetes screening, cholesterol and lipid screening, glaucoma screening, colorectal cancer screening, <b>Chlamydia screening, pap smear, clinical breast exam and mammogram.</b> You will need these tests every 1-5 years based on your age, risks, or as ordered by your doctor.</p>
<h2>Immunizations</h2>	<p>You need the following immunizations/shots as recommended by the Centers for Disease Control (CDC): Tetanus (Td) booster every 10 years, Influenza (Flu shot) every year if high risk, Pneumonia if high risk; or once at age 65 and a booster may be needed after 5 years.</p>
<h2>Diet and Exercise</h2>	<p>You only have one body, and keeping it healthy takes a good diet and plenty of exercise. Ask your doctor before starting any diet/exercise plan.</p>

For more information about preventive health, go to [www.familydoctor.org](http://www.familydoctor.org) or [www.cdc.gov](http://www.cdc.gov)

# Cervical Cancer



Each year about 16,000 women develop cervical cancer. If you are between 18 and 65 and have ever been sexually active, you are at regular risk for cervical cancer.

You are at higher risk for getting cervical cancer if:

- You started to have sex before you were age 18
- You have had more than 1 sex partner
- You have ever had a sexually transmitted disease
- You smoke
- You have a history of abnormal Pap results
- You have a history of STD or HIV
- You have vaginal spotting or bleeding between menstrual periods, after intercourse or after menopause

To find cervical cancer you need to have a **pap smear**. Beginning at age 18 you should have a pap smear every year. If you have 3 normal tests or had a total hysterectomy, you may only need to have a pap smear every 3 years. If you are over age 65, you may not need to have any more pap smears. But you need to talk to your doctor about this. If you are at higher risk, talk to your doctor about getting examined more often.

Pap smears are **FREE** to UnitedHealthcare Community Plan members. Here are links for more information on cervical cancer:

National Cancer Institute: <http://www.cancer.gov/cancertopics/types/cervical>

American Cancer Society: <http://www.cancer.org/docroot/home/index.asp>



# BREAST CANCER

Breast cancer is the most common cancer among women in the United States. Some women are at higher risk for getting breast cancer, that's why it is important for you to be checked regularly.

You are at higher risk for getting breast cancer if:

- Someone in your family has or had breast cancer
- You are over age 50
- You never had a baby
- Your first baby was born after you turned 30 years old
- You got your first period early
- You stopped having periods later in life
- You already had breast cancer in one breast

Schedule for breast exam/mammogram:

- 18-39 years of age - Clinical breast exam every 3 years (Your doctor might order a mammogram if members of your family or mother had breast cancer)
- 40-69 years of age - Clinical breast exam *and* mammogram every 1-2 years
- 70+ years of age – Doctor and patient to decide on screening

Once you turn age 40, your chances for getting breast cancer go up. Beginning at age 40 you should have a **mammogram** once every 1-2 years. A mammogram is a low dose x-ray of your breasts that can help find cancer early when the cancer is easier to treat. At least once a year you should also have a **clinical breast exam** performed by a doctor or nurse. If you are at higher risk for breast cancer, talk to your doctor about getting examined more often.

Mammograms and clinical breast exams are **FREE**. If you have one mammogram and need another because your doctor is concerned, UnitedHealthcare Community Plan pays for the second one also. For more information on breast cancer click on the links below:

National Cancer Institute: <http://www.cancer.gov/cancertopics/types/breast>

American Cancer Society: <http://www.cancer.org/docroot/home/index.asp>

National Institutes of Health: Breast Cancer Risk Assessment Tool: <http://bcra.nci.nih.gov/brc/>



# Care During Pregnancy

The health services that a woman receives from a doctor, nurse practitioner or midwife before her baby is born, is called “prenatal care.” Prenatal care is important. It is a way to see how well the pregnancy is going. It is also a way to know if there are any problems. Even if a woman has been pregnant before, it is important that she get care for each pregnancy. If you think you are going to have a baby, you need a pregnancy test.

Over the counter pregnancy tests are [FREE](#) to UnitedHealthcare Community Plan members. If you are going to do a test yourself, you need a doctor’s prescription. Take the prescription to the pharmacy to get your [FREE](#) pregnancy test.

If you are pregnant, you can:

- Call or visit your UnitedHealthcare Community Plan personal doctor. He or she will care for you or help you find a GLHP prenatal care provider; or
- Visit a UnitedHealthcare Community Plan OB/GYN or nurse-midwife on your own; or
- Visit a health clinic that works with UnitedHealthcare Community Plan and that offers OB/GYN services.

Getting regular prenatal care from the same provider all through your pregnancy is best. You should see your prenatal care provider [at least 10 times](#) during and after your pregnancy.

## **First Trimester (1<sup>st</sup> 3 months)**

Visit your doctor every 4 weeks

## **Second Trimester (4<sup>th</sup>-6<sup>th</sup> months)**

Visit your doctor every 4 weeks

## **Third Trimester (7<sup>th</sup>-9<sup>th</sup> months)**

Visit your doctor every 2 weeks from the 32<sup>nd</sup> – 36<sup>th</sup> week.  
Visit your doctor every week from the 37<sup>th</sup> week until delivery.

## **After Delivery**

Visit your doctor between 3 weeks (21 days) – 6 weeks (56 days).

## **Stop Smoking Program 1-800-QUITNOW (1-800-784-8669)**

Smoking is a health hazard. However, smoking while you are pregnant can lead to miscarriage, cause you to deliver your baby early, or end in stillbirth. Babies of women who smoke are also at risk for Sudden Infant Death Syndrome (SIDS). If you are pregnant or think that you may become Pregnant, and are ready to quit, call the Michigan Tobacco Quitline at: 1-800-784-8669.

## **UnitedHealthcare Community Plan**



UnitedHealthcare Community Plan's Healthy First Steps Program provides case management and support services to women who are going to have babies. If you don't get a call from a Healthy First Steps staff member about your pregnancy, call Customer Service at **1-800-903-5253**.

The Health First Steps Program will help you:

- Choose a doctor or nurse midwife for pregnancy care.
- Schedule appointments and exams.
- Find transportation to appointments.
- Connect with Community Resources like Women, Infants & Children (WIC) services
- Get Postpartum Care after your baby is born.
- Choose a pediatrician (child's doctor) for your new baby.
- Get Family Planning Information.



## Free Gifts

If you get your first prenatal visit before you are 12 weeks pregnant or within 45 days after you join UnitedHealthcare Community Plan, **we will give you a FREE \$10 gift card. You will also be entered into our monthly HFS-Prenatal drawing for a chance to win a \$150.00 gift card.**

And after your baby is born, if **you get your** check up on or between the 21st and 56<sup>th</sup> day after you deliver, **we will give you another FREE \$10 gift card. You will also be entered into our monthly HFS-Prenatal drawing for a chance to win a \$150.00 gift card.**

**To get your FREE gift:** Call UnitedHealthcare Community Plan at 1-800-903-5253 and ask for a Care During Pregnancy Free Gift Form. Fill out the form as much as you can. Then take the form to your doctor when you go for your visit. Ask the doctor's office staff to complete the form. Then can ask the doctor's office to fax the form to us or you can mail it to us. Once we verify that you saw your doctor, UnitedHealthcare Community Plan will mail your **FREE** gift to you at the address you list on the form. **You can send the form in for each visit separately. We will enter your name in the HFS drawing(s) too.**