

# Make Health Happen Health Tips

## Well-woman checkups

Take control of your health

A well-woman checkup is when you see your primary care provider (PCP) once a year, even when you're not sick. This visit is your chance to talk with your PCP about your health, wellness, and family planning.

During the visit, you'll likely go over your medical history, have a physical exam and talk about topics like:



Diet and exercise.



Drug, alcohol, and tobacco use.



Family planning.



Mental health and well-being.



Dental health.



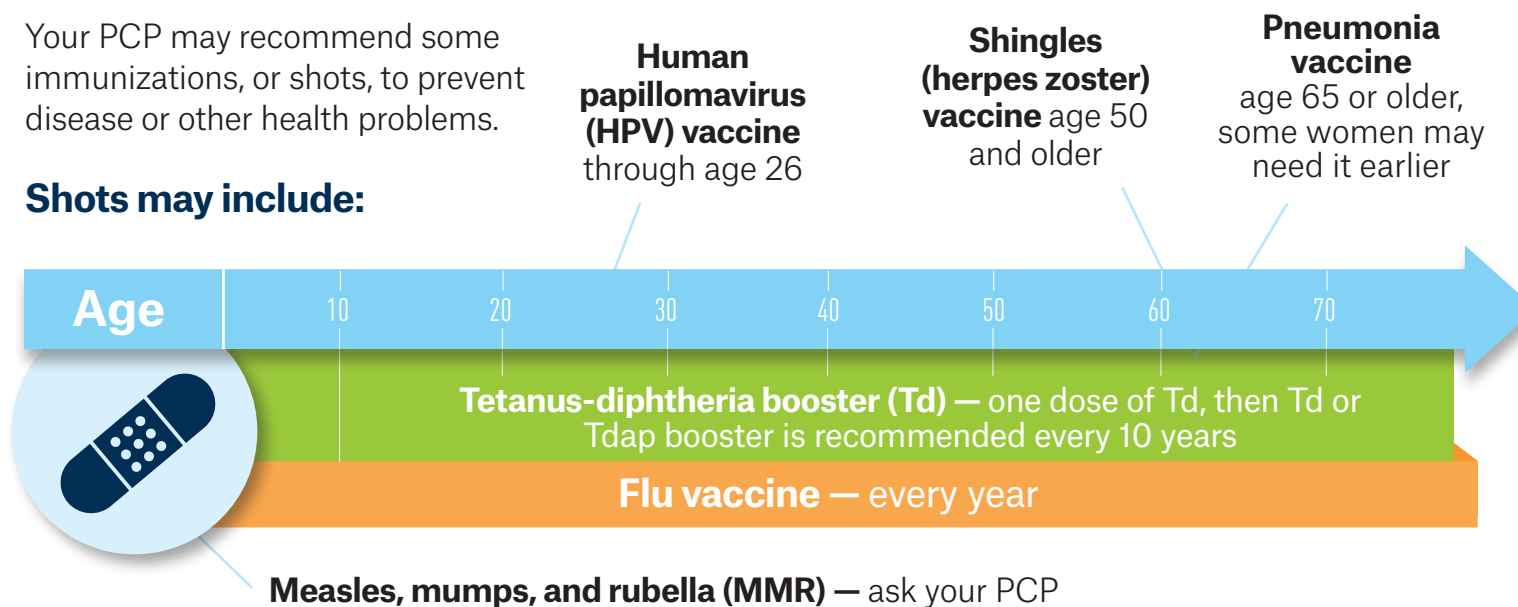
Sexual health.



Family or domestic partner violence.

Your PCP may recommend some immunizations, or shots, to prevent disease or other health problems.

**Shots may include:**



Helpful Phone Numbers as a part of your MO HealthNet Managed Care plan, Healthy Blue

Member Services: 833-388-1407 (TTY 711)  
Monday through Friday from 8 a.m. to 5 p.m. Central time  
24-Hour Nurse Help Line: 833-388-1407 (TTY 711)

[healthybluemo.com](http://healthybluemo.com)

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# Health Tips



Talk with your PCP about what screenings you may need.



## Mammogram

This is an X-ray of the breast. It's the best way to find breast cancer early.



## Pap test and pelvic exam

For this test, a swab of cells are gently taken from the cervix. This is the best way to find cervical cancer early.



## Colonoscopy

A colonoscopy is the most common test to find colon cancer or other health issues early.

How often?

**Once a year**, starting between ages of 40 and 50, or once every other year until age 74.\*

**Every 3-5 years**, starting at age 21, based on your health history. If your cervix was removed, you may still need to have Pap tests.\*

**Every 10 years starting at age 45**. Women with some risk of getting colon cancer may need it as often as every 1 to 5 years.\*

\*May be earlier or later depending on certain risk factors

## Women's Pre-pregnancy Planning: Would you like to become pregnant in the next year?



Talk with your PCP about Family Planning

### Yes

**Talk to your provider about when** you would like to get pregnant.  
**Discuss with your provider some ways to prepare** for a healthy pregnancy.

### Unsure or okay either way

**Discuss with your provider** your current birth control methods.  
**Have a conversation with your provider** about if or when a future pregnancy might occur.

### No

**Discuss with your provider** your current birth control methods.  
**Discuss with your provider if you plan** on becoming pregnant in the next 5 years.

Sources:

Choosing Wisely, [choosingwisely.org](http://choosingwisely.org)

U.S. Preventive Services Task Force, [uspreventiveservicestaskforce.org](http://uspreventiveservicestaskforce.org)

Mayo Clinic, [mayoclinic.org](http://mayoclinic.org)

U.S. Department of Health and Human Services Office on Women's Health, [womenshealth.gov](http://womenshealth.gov)

National Preconception Health & Health Care Initiative Practice Bulletin, 2020.

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