

A close-up photograph of a woman and a young girl. The woman, on the left, is smiling and looking towards the girl. The girl, on the right, is also smiling and looking back at the woman. They appear to be in a close, affectionate relationship.

May is Women's Health Month

**FIND TIME TO
EXERCISE DAILY**

**TAKE ADVANTAGE
OF EARLY MORNINGS
FOR PERSONAL TIME**

Self-Care Tips for Busy Moms

**INVEST TIME IN
YOUR HEALTH**

**PRIORITIZE
SLEEP**

A photograph of two women walking on a paved path outdoors. The woman on the left is wearing a blue face mask, a red and black plaid scarf, and an orange plaid coat. The woman on the right is wearing a white face mask, glasses, and a black and white checkered coat. Both are carrying handbags. The background shows trees and a building.

Getting Screened

How often do you need to be screened?

- **Women Ages 21-29:** Your doctor will likely suggest that you get a Pap screening.
- **Women Ages 30-64:** Screening options may include a Pap screening, and/or a high-risk HPV test.
- **Women Ages 65+:** Depending on the results of your Pap screening and/or HPV test, your doctor will let you know your next steps.

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