

REDUCE YOUR RISKS. GET HEALTH SCREENINGS.

Women's Health



It's a fact of life: Taking good care of your health includes preventive care. Preventive care includes going for medical tests. Screening tests can find diseases before you have symptoms. This is when there's a better chance for a treatment or a cure. That's why it is so important to get regular health screenings.

Below is general information on when women should get health screenings. If you have a higher risk for a disease because of your health history, you may need to get a test sooner or more often. Talk to your doctor.

Important screenings for women

- › **Blood Pressure** – every year if you are ages 40 and over or have increased risk for high blood pressure; every 3–5 years if you are ages 18–39 with normal blood pressure and no other risks¹
- › **Colon Cancer** – start at age 50, if you have risks like a family history of colon cancer you may need to be screened earlier²
- › **Cholesterol** – after age 45, unless you have other risk factors¹
- › **Depression** – if you feel sad, hopeless, or lose interest in activities you used to enjoy
- › **Diabetes** – get blood glucose checked as part of a your cardiovascular risk assessment when you are aged 40 or older and are overweight or obese¹
- › **Breast Cancer** – starting at age 40, talk with your doctor about when and how often to get a mammogram
- › **Cervical Cancer** – every three years from ages 21 to 65¹
- › **Osteoporosis** – after age 65, unless you have other risk factors¹
- › **Overweight and Obesity** – find out your body mass index (BMI) from your doctor or online
- › Any other screenings you're concerned about like glaucoma, hepatitis C or skin cancer

What you can do today to get healthy

- › Be physically active and make healthy food choices.
- › Get to a healthy weight and stay there.
- › Get the vaccinations your doctor orders.
- › Be tobacco-free.
- › If you drink alcohol, limit it to one drink a day or less. One drink is: a 12-ounce bottle of beer or wine cooler, a 5-ounce glass of wine, or 1.5 ounces of 80-proof liquor.³

Your doctor may recommend additional screenings for mental health or sexually-transmitted diseases (STDs) as well as vaccinations that you will need. Make sure to ask about which tests and vaccinations are right for you.

Together, all the way.®





1. U.S. Preventive Services Task Force. "USPSTF A and B Recommendations." <http://www.uspreventiveservicestaskforce.org/Page/Name/uspstf-a-and-b-recommendations> (current as of February 2016)
2. Centers for Disease Control and Prevention. "What Should I Know About Screening?" http://www.cdc.gov/cancer/colorectal/basic_info/screening/ (last updated February 17, 2016)
3. Agency for Healthcare Research and Quality. "Women: Stay Healthy at Any Age". <http://www.ahrq.gov/patients-consumers/prevention/lifestyle/healthy-women.html> (last reviewed May 2014)

This is intended to be general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing, and care recommendations.

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