

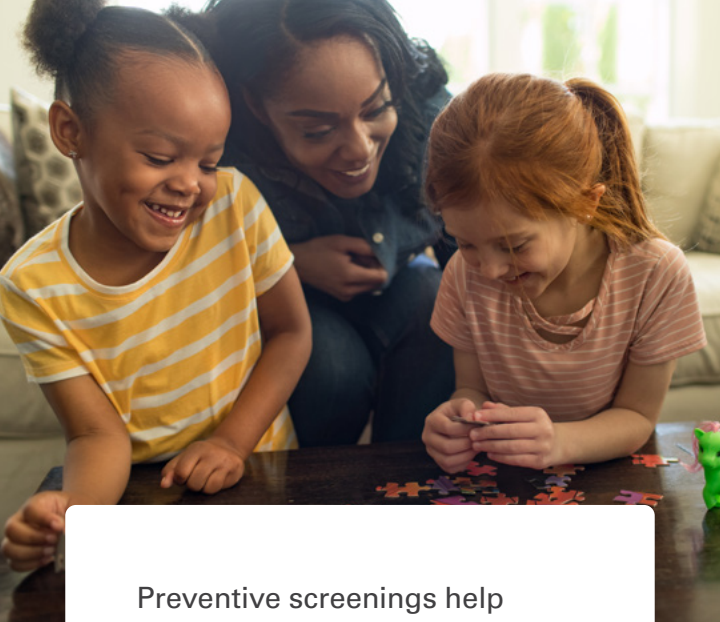


WOMEN'S PREVENTIVE

Health and Wellness Guide



of Tennessee



Preventive screenings help your doctor keep you healthy by spotting small problems early when they're easiest to treat. We've listed some basic guidelines on the next few pages, but ask your doctor about which screenings are best for you.

Keep your primary care doctor up-to-date about any other medical care you receive so they can help coordinate your care.

General Health

Checkup

If you're 18-64, you should see your doctor each year for a basic checkup that includes:

- › A body mass index to help you manage your weight
- › A blood pressure check
- › A cholesterol/lipid blood test
- › Any other screenings your doctor recommends, such as checking for STDs or depression

Flu Shot

The Centers for Disease Control and Prevention recommends everyone 6 months and older get a flu shot every year. Ask your doctor if the pneumonia vaccine is right for you.

Colorectal Cancer Screening

Women should start getting this screening when they turn 45. How often you get it depends on which test your doctor says is right for you:

- › Colonoscopy: Every 10 years
- › Sigmoidoscopy: Every five years
- › CT Colonography: Every five years
- › Fecal Immunochemical DNA Test (FIT – DNA): Every three years
- › Fecal (stool card) test or Fecal Immunochemical Test (FIT): Yearly

The recommendations above apply to all women, depending on age. But you and your doctor may also want to talk about one or more of these topics based on your current health and your health risks.



Low Back Pain

If you have low back pain, talk with your doctor before having an X-ray, MRI or CT scan. Staying active, applying heat, changing sleep positions and taking over-the-counter medicines can help reduce the pain.

Nicotine and Tobacco Use Cessation

You're never too old or too young to see health improvements from quitting tobacco and/or vaping. Take any quit-smoking medication for as long as your doctor recommends. If you live in Tennessee, you can call the TN Tobacco Quitline 1-800-874-8669.

Oral Health

Good oral hygiene is especially important if you have medical conditions such as diabetes, cardiovascular disease or rheumatoid arthritis. In addition to a daily routine of brushing and flossing, visit your dentist at least twice a year and get any other recommended care.

Vision Health

Comprehensive eye exams can help spot medical issues such as high blood pressure, diabetes, high cholesterol, and heart disease. You should get a routine eye exam at least once every two years.

Additional Care Needs

Breast Cancer Screening

Most women should get this screening every two years once they turn 50. Depending on your health history, your doctor may recommend you get them earlier or more often.

Comprehensive Diabetes Screening

Women 18-75 with diabetes should get these tests at least once a year. It can help you manage your diabetes better. Follow your doctor's treatment plan:

- › Hemoglobin A1C: Keep your level less than 8.0%
- › Eye exam: Dilated or retinal exam
- › Kidney screening test
- › Blood pressure control: Keep your level less than 140/90mmHg

Heart Health

Statin Therapy

For women 40-75 with diabetes or cardiovascular disease, statin medications are important to keep your heart healthy. Be sure to keep your statin prescriptions refilled and take your medications for as long as your doctor prescribes.

Controlling High Blood Pressure

From 18 to 85, you should have regular blood pressure checks. Keeping it under 140/90 is a good starting point, but ask your doctor if there's another number you should aim for.



Mental Health

Alcohol and Drug Dependence Treatment

Even if your doctor has suggested treatment, ask about any follow-up care you may need to keep your recovery on track.

- › Start your treatment within two weeks of diagnosis, outpatient treatment or hospital admission.
- › Follow up with your doctor twice in the first 30 days of your treatment.

Antidepressant Medication Management

Be sure to keep your prescriptions refilled and stay on any medication you've been prescribed for major depression for at least 6 months. Don't stop taking your medication without talking to your doctor first.

Follow-up After Hospitalization for Mental Illness

Follow up with a mental health specialist after leaving the hospital for any mental health treatment.

- › First follow-up visit within 7 days of leaving the hospital.
- › Another follow-up visit within 30 days of leaving.

Reproductive Health

Cervical Cancer Screening (Pap test)

If you're 21-29 years old, most doctors recommend a Pap screening every three years. For women age 30-64, ask your doctor which tests you should get:

- › High-risk human papillomavirus (HPV) testing every five years, or
- › Pap test every three years or
- › Both tests every five years

Maternity Care

Getting the care your baby needs during and after your pregnancy is important, but don't forget about your needs, too. Schedule a visit in your first trimester, or within 42 days of enrolling in your health plan. And visit your doctor for a follow-up seven to 84 days after your delivery.

Chlamydia Screening

- › Women who are 16-24 years old and sexually active should get a urine test or cervical cell sample every year—even if you're pregnant.

Respiratory Health

Chronic Obstructive Pulmonary Disease (COPD)

If you have COPD, follow your doctor's treatment plan. If your doctor prescribes any medications after a hospital or ER visit, including corticosteroids or a bronchodilator, take them for as long as your doctor recommends. Taking corticosteroids and bronchodilators can be especially important if you've recently been in the hospital or ER.

Asthma Management

If you have asthma, follow your doctor's treatment plan. That means keeping your asthma medications filled and using all medications your doctor prescribes, including controller and rescue medications.

Upper Respiratory Infections

Talk with your doctor about over-the-counter options to get well. Antibiotics usually aren't effective in treating viral upper respiratory infections, bronchitis or bronchiolitis.

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