



My Health – WOMEN'S HEALTH CHECKLIST

Use this checklist to make sure you are getting proper preventive health care. These essential health benefits are free with Medicare, Medicaid, and insurance plans purchased through the Health Insurance Marketplace. Learn more at <https://www.healthcare.gov/preventive-care-adults/> and <https://www.healthcare.gov/preventive-care-women/>

Free Preventive Service	✓	Free preventive service	✓
Alcohol misuse screening and counseling		Lung cancer screening	
Blood pressure screening		Mammograms (every 1 or 2 years for women over 40)	
Breast cancer genetic test counseling		Obesity screening and counseling	
Breast cancer chemoprevention counseling for women at higher risk		Osteoporosis screening	
Cervical cancer screening		Sexually transmitted infection screening and prevention counseling	
Cholesterol screening		Tobacco use screening	
Colorectal cancer screening (for women over 50)		For pregnant women or women who may become pregnant	
Depression screening		Anemia screening	
Diabetes (Type 2) screening (for adults with high blood pressure)		Breastfeeding support and counseling	
Diet counseling		Contraception (does not apply to plans sponsored by exempt "religious employers")	
Domestic and interpersonal violence screening and counseling		Folic acid supplements	
Hepatitis B screening		Gestational diabetes screening	
Hepatitis C screening (for adults at high risk and those born from 1945–1965)		Rh incompatibility screening	
HIV screening		Gonorrhea and syphilis screening	
Human Papillomavirus (HPV) testing		Expanded tobacco intervention and counseling	
Immunizations (ask your doctor which immunizations you need)		Urinary tract infection screening	

Sign up

- Visit your Indian health program,
- Go online to [healthcare.gov](https://www.healthcare.gov), or
- Call 1-800-318-2596

