

# A Checklist to Keep Women Healthier

Your health insurance may now cover more than ever. Talk with your doctor or health care provider to find out what tests or other services you or your family member may need.

✓	<i>Preventive service</i>	<i>Date</i>	<i>Notes</i>
	<b>Anemia screening</b> on a routine basis for pregnant women		
	<b>Breast cancer genetic test counseling (BRCA)</b> for women at higher risk for breast cancer		
	<b>Breast cancer mammography screenings</b> for women over 40		
	<b>Breast cancer chemoprevention counseling</b> for women at higher risk		
	<b>Breastfeeding support and counseling</b> from trained providers, and access to breastfeeding supplies, for pregnant and nursing women		
	<b>Cervical cancer screening</b> for sexually active women		
	<b>Chlamydia infection screening</b> for younger women and other women at higher risk		
	<b>Contraception:</b> As prescribed by a health care provider, Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling		
	<b>Domestic and interpersonal violence screening and counseling</b> for all women		
	<b>Folic acid supplements</b> for women who may become pregnant		
	<b>Gestational diabetes screening</b> for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes		
	<b>Gonorrhea screening</b> for all women at higher risk		
	<b>Hepatitis B screening</b> for pregnant women at their first prenatal visit		
	<b>HIV screening and counseling</b> for sexually active women		

✓	<b>Preventive service (continued)</b>	<b>Date</b>	<b>Notes</b>
	<b>Human Papillomavirus (HPV) DNA test</b> every 3 years for women with normal cytology results who are 30 or older		
	<b>Osteoporosis screening</b> for women over 60 depending on risk factors		
	<b>Rh incompatibility screening</b> for all pregnant women and follow-up testing for women at higher risk		
	<b>Sexually transmitted infections counseling</b> for sexually active women		
	<b>Syphilis screening</b> for all pregnant women or other women at increased risk		
	<b>Tobacco use screening and interventions</b> for all women, and expanded counseling for pregnant tobacco users		
	<b>Urinary tract or other infection screening</b> for pregnant women		
	<b>Well-woman visits</b> to get recommended services for women under 65		

Visit [HealthCare.gov](http://HealthCare.gov) to learn more about affordable health coverage.

