

Preventive health screenings for women

# TAKE CARE OF YOUR ONE-OF-A-KIND SELF.



To help keep your one-of-a-kind self in top shape, it's important to keep up with the preventive screenings for the following:

**Breast cancer:** For women 40 and older, a mammogram is recommended every one to two years or as recommended by your doctor. Talk with your doctor about your risk factors and age to begin your screening.

**Blood pressure:** Have your blood pressure checked every two years. Depending on the results, your doctor will suggest the frequency of your screening. Uncontrolled high blood pressure can increase your risk of having a heart attack and stroke.

**Cervical cancer:** A simple Pap test is the best way to detect early signs of cervical cancer when the disease is highly curable and treatment is most effective. Women between 21 and 65 who are sexually active and have a cervix should have a Pap test every three years. Certain risk factors may require more frequent screenings.

**Chlamydia:** Symptoms are usually mild or absent, and serious complications can cause irreversible damage, including infertility. All sexually active women age 24 and younger and women 25 and older with certain risk factors, should be screened.

**Cholesterol:** High cholesterol is a serious risk factor for coronary artery disease, heart attack and stroke. Have your cholesterol checked, starting at age 45 or older, or age 20–45 if risk factors for heart disease are present.

**Colorectal cancer:** If you're 50 or older, getting a screening test for colorectal cancer could save your life. If you have a family history of colorectal cancer, you may need to be screened earlier. Talk with your doctor to decide which type of test is best for you.

**Diabetes:** All adults with a blood pressure reading greater than 130/80 should be screened for diabetes.

**Healthy weight:** Body mass index (BMI) is calculated using your weight and height. Check your BMI annually to identify weight concerns that may lead to health problems.

**Osteoporosis (bone density):** If you are 65 or older, or younger with certain risk factors, your doctor may order this screening.

This screening information serves as a guideline only. Knowing certain test results will help you and your doctor better understand your health and see where you might need to make improvements. So during regular checkups with your doctor, be sure to discuss your screenings and your health risk factors. To find a local doctor, visit our online provider directory on [myCigna.com](http://myCigna.com) or call the toll-free number on your Cigna ID card.

Many plans cover preventive care at 100%. If your plan does not have 100% preventive coverage, deductibles and coinsurance costs may apply. Please check your plan document for details, or call customer service at the number on your Cigna ID card.

GO YOU<sup>SM</sup>



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