



My Health, My Voice: A Woman's Step-By-Step Guide to Using Health Insurance

This brochure is one in a series. To find out more go to: MyHealthMyVoice.com

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What is a well-woman visit?

It's a free, once-a-year check-up of your health, just for women.

Thanks to the Affordable Care Act, if you have insurance, your well-woman visit and lots of other preventive health services are free to you. Preventive care is regular health care intended to keep you healthy and avoid disease.

Even if you are not due for a Pap test or mammogram, you should get your free well-woman visit every year.

FREE

What else can I get for free?

Here are some of the other preventive care services you can get for free:

- Birth control
- HIV testing
- Flu shots
- Tests for sexually transmitted infections (STIs)
- Blood pressure tests
- Help quitting smoking

How do I get a well-woman visit?



Start by choosing a Primary Care Provider (called a PCP) and making an appointment. Your PCP can be a doctor, nurse practitioner, or physician assistant who takes your health insurance.

Some Primary Care Providers do women's health care and general health care. Many nurse practitioners do both. But, if you need to see two different providers (such as a family doctor and an obstetrician/



gynecologist) to get all of your well-woman services, it's okay. Your insurance will pay for you to have more than one preventive care appointment.

What happens at a well-woman visit?

1. You and your Primary Care Provider (doctor or nurse practitioner) will talk about your health history, your family's health history and how your lifestyle may affect your health. Then you will discuss goals for your health.
2. Your doctor will examine you and do screening tests to see if you have health conditions that need to be treated. She or he will also give you any vaccines you need, like a flu shot.
3. Your doctor should ask you whether you want to become pregnant or need contraception. Birth control is now covered without any additional cost to you. This includes both birth control pills and methods like IUDs, which cost more to get, but work much longer.

What happens during your well-woman visit may depend upon your age, your health conditions and how long it has been since you had your last check-up.

Prepare for your well-woman visit

If you are prepared, you will get the most out of your well-woman visit. Think about questions you want to ask your doctor.

Write them down ahead of time. Bring any medicines you are taking with you. Also bring paper and something to write with so you can write down what the doctor tells you.

Your primary care provider will ask you about your “medical history” to get a clear picture of you and your health. Before your well-woman visit, ask family members if any of your grandparents, parents, aunts, uncles, brothers or sisters have had any of these conditions:

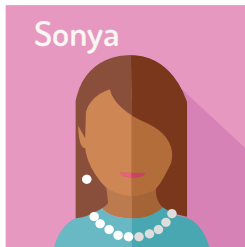
- Diabetes
- Asthma
- Heart disease
- Stroke
- Colon cancer
- Breast cancer
- Ovarian cancer

Doctor visit checklist

Bring these with you:

- Insurance card.
- A list of health goals and concerns to discuss with your primary care provider.
- A place for taking notes during the visit.
- Your family medical history.
- Packages or bottles of medication you are taking.
- Your calendar, in case you need to schedule other doctor appointments or tests.
- Optional: your health supporter, a person you trust to go with you to the doctor.

Ask Questions



I have a question...

During your visit, feel free to ask all the questions you have about your health. Don't be afraid to ask your primary care provider to repeat something or write it down for you.

You also have the right to know which tests your doctor wants to do and why. Ask whether you will have to pay for any of the tests.

Follow the instructions from your doctor.



Find out the results of any tests you have had, such as a Pap test.

Fill your prescriptions. When you go to the pharmacy or drugstore, make sure the medicine is covered by your insurance. Follow your doctor's instructions for taking the medicine.

www

Go to

MyHealthMyVoice.com

to see a full list of free preventive services and to learn how to get what you need for free.

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