

Women's health involves all things that help you live a healthy life at all ages. This includes:

- Routine health exams, including physical and mental health.
- Diet and exercise.
- Staying up-to-date on your vaccines.
- Medication management.
- Managing acute or chronic conditions (such as diabetes and asthma).
- Vision services.
- Family planning.
- Other exams as needed.



## What women's health screenings should I get?

Routine health screenings help keep you healthy. The following are well woman exams:

| Screening*   | Age Group  | How often to get screened   |
|--|--|---|
| <ul style="list-style-type: none"> <li>Sexually Transmitted Infections (STIs) like Chlamydia and Gonorrhea</li> </ul>                  | 16 years of age and older  | Annually if sexually active, continue screening if at increased risk of infection.  |
| <ul style="list-style-type: none"> <li>Cervical Cancer Screenings (Pap Test)</li> </ul> <div>Get a<br/><b>\$25</b><br/>Gift Card</div> | 21-64 years of age   | <ul style="list-style-type: none"> <li>Ages 21-64: A Pap test every three years.</li> <li>Ages 30-64: Human Papillomavirus (HPV) test every five years or an HPV/Pap co-test every five years. Check with your doctor to see what is right for you.</li> <li>If you have had a total hysterectomy, you will no longer need a Pap test.</li> </ul> |
| <ul style="list-style-type: none"> <li>Breast Cancer Screening (Mammograms)</li> </ul> <div>Get a<br/><b>\$40</b><br/>Gift Card</div>  | 50-74 years of age<br><br>Call your doctor for a recommended schedule if you are younger than 49 years of age. | <ul style="list-style-type: none"> <li>Starting at 50 years of age, and every two years, or start earlier based on risk.</li> <li><b>Call your doctor right away if you find a lump or experience any other changes in your breasts.</b></li> </ul>   |

\* U.S. Preventive Services Task Force

To download and print the member reward forms, visit [www.goldcoasthealthplan.org](http://www.goldcoasthealthplan.org). Click "For Members," then "Member Resources," then "Member Rewards."

For more information on women's health, see the following resources:

- GCHP's Women's Health frequently asked questions (FAQs)
- GCHP's Health Education webpage
- A list of services covered by GCHP is available in your [Member Handbook](#).

For more information, call GCHP Member Services at **1-888-301-1228** Monday through Friday, 8 a.m. to 5 p.m., (except holidays). Call the Health Education Department for women's health resources at **1-805-437-5718** Monday through Friday, 8 a.m. to 5 p.m. If you use TTY, call **711**.