



BlueCross BlueShield
of Illinois



Every woman needs to keep herself healthy...

**Scheduled your
Well Woman exam?**

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If you're a woman, you may spend a lot of time taking care of others. **But are you taking care of yourself?** Make sure you're doing everything you can to stay healthy, including having a mammogram and Pap test.

Regular exams can detect cancer and other diseases in their earliest stages — when they're the most treatable. Follow these guidelines for your mammogram and Pap test:*

- Have an annual mammogram starting at age 40.
- Schedule an annual clinical breast exam by your doctor or nurse if you are 40 or older, and every one to three years if you are in your 20s and 30s.
- Do your monthly breast exam so that you will notice any changes, and report them to your physician right away.
- Schedule a regular Pap test if you are older than 21 or have been sexually active.
- Discuss any risk factors with your physician and determine the most appropriate screening schedule for you.

Taking care of others is important. So is taking care of your own health. Learn more about health screenings from your provider, health fairs or local community bulletins.

Check your benefits booklet to determine if your health plan coverage pays for these types of screenings.

**American Cancer Society*