Not sure what to discuss with your provider?

Your provider may not know which topics you want to talk about, so come prepared. Tell your provider which topics you want to discuss, so he or she can send you to a different provider or suggest changes to help you stay healthy and safe. Here are some ideas:

**Healthy choices**
- Healthy eating and keeping a healthy weight
- Exercise and staying active
- Cigarettes, alcohol, or drug use

**Your emotions and relationships**
- Your mood, feeling sad, alone, anxious or losing interest in things you like
- Body image
- Healthy relationships with a partner, family, friends, or co-workers

**How to take care of your health problems**
- Chronic disease such as diabetes, heart disease, and osteoporosis
- Sleep problems

**How to prevent health problems**
- Signs of heart disease
- How to lower your chance of getting cancer
- Which screenings you should have and when
- Breast health and self breast exams

**Your reproductive health**
- Birth control
- Sexual health, such as painful sex, changes in sexual desire, new sex partners, or how to prevent sexually transmitted infections
- Planning for pregnancy
- Your menstrual cycle, or periods
- Concerns about being able to have children
- What to expect with menopause

Learn more

For a list of screenings that women should get, visit:

The US. Preventive Services Task Force
http://www.uspreventiveservicestaskforce.org/uspstf/uspsabrecs.htm

Health Resources and Services Administration
http://www.hrsa.gov/womensguidelines/

For more information on preventive services, visit:
www.nwlc.org/preventiveservices

To learn about the Affordable Care Act, visit:
https://www.healthcare.gov/

**List of supporting organizations:**

- AARP
- American College of Obstetricians and Gynecologists
- American Medical Women’s Association (AMWA)
- Futures Without Violence
- National Latina Institute for Reproductive Health
- National Association of Nurse Practitioners in Women’s Health
- Ovarian Cancer National Alliance
- Planned Parenthood Federation of America
- WomenHeart: The National Coalition for Women with Heart Disease

Learn more

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11 Dupont Circle, Suite 800
Washington, DC 20036
202.588.5180 | fax 202.588.5185
www.nwlc.org

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Your Guide to Well-Woman Visits

What is a well-woman visit?
A check-up to make sure you are in good health and up-to-date on all of your health screenings. The main goal is to check for health problems and prevent them in the future. You can go to different providers for your well-woman care such as your regular doctor, a nurse practitioner or your local health center. You and your provider will decide how often you should seek well-woman care.

Does it cost anything?
For many women, these visits are free. The new health care law requires most health plans to cover well-woman visits. Call your insurance company to check.

What will happen during the visit?
Health history review
Your provider will ask about your past health problems and any health problems on your mother’s and father’s side. For example, they might ask if anyone in your family has had heart problems or cancer. They will want to know if you’ve been pregnant, when your last period was, and if you are on any medications. Your provider will also ask about any recent health changes or your health concerns.

Discussion about your health
Your provider will ask you many questions about your health—and this is the time to bring up any of your worries or questions. This might include:

- Your health choices, such as your smoking and drinking habits, your food choices, and exercise routines.
- Your personal life, such as your emotions and relationships. Your provider may ask about feeling sad or having trouble doing normal things, so that they can help if you are anxious or depressed. Your provider may ask if you feel safe in your home and relationships, so that they can help if you’ve dealt with violence, abuse, or threats to your safety.
- Providers ask all patients these kinds of questions.
- Changes in your life or worries that might affect your health or wellbeing. For instance, trouble at school or work, a tough relationship, a sick family member, or trouble sleeping.
- Any worries you may have about your health.
- Your reproductive health, such as birth control, pregnancy planning, menstrual history, or menopause questions.

Be honest with your provider. This allows your provider to give you the right advice and treatment. If you don’t understand something, ask, “Could you explain that again?”

Review your prescriptions
You and your provider will discuss your medicines and renew any prescriptions you need.

Update your health screenings
Your healthcare provider may suggest a list of screenings developed by medical experts. These are tests that can identify health problems, often before you have any signs of being sick. Depending on your age, family history, health choices and any health problems, you and your provider will decide which screenings and services you need. These could include:

- Blood pressure and cholesterol testing
- Alcohol and tobacco screening and counseling

How to detect and prevent health problems
• Your medicines, including over-the-counter drugs
• How to prevent sexually transmitted infections
• Counseling on birth control and pregnancy prevention
• Syphilis, gonorrhea, and chlamydia testing
• Mammograms
• Colon cancer screening
• Osteoporosis screening
• Screenings and services for pregnant women

While your provider will keep most things private, some states require providers to report some types of abuse to the police, such as gunshot wounds. Your provider should tell you when he or she must report the information you share. It’s okay to ask what is private and what must be reported before you share with your provider.

How should I prepare for my well-woman visit?
1. Schedule your appointment: Tell your provider’s office that you are coming in for a well-woman visit (this could also be called a checkup or a physical).
2. Check on any cost: If you’re not sure, call your insurance company to check that your visit is covered.
3. Bring a list of your questions and your medicines. This is so that you don’t forget what you want to talk about!