



## A Checklist to Keep Women Healthy

Preventive services, like shots and screenings, can help prevent illness and health problems, or detect issues early when treatment is likely to work best.

All Marketplace health plans must cover many preventive services at no additional charge when a doctor or provider in the plan's network delivers them. Here are some of the services available to you. You can use this checklist to keep track of appointments and notes for yourself and your provider.

## For pregnant women or women who may become pregnant

✓	Preventive Service	Date	Notes
	Behavioral health counseling intervention for pregnant women aimed at promoting healthy weight gain and preventing excess gestational weight gain in pregnancy		
	Breastfeeding support services and counseling from trained providers, and access to breastfeeding supplies for pregnant and nursing women		
	Daily folic acid supplements for women who plan to or could become pregnant		
	Gestational diabetes screening for women at least 24 weeks pregnant and for higher risk women less than 24 weeks pregnant		
	Hepatitis B screening for pregnant women at their first prenatal visit		
	HIV screening and counseling		
	Hypertensive disorders screening for pregnant women throughout pregnancy		
	Low-dose aspirin use after 12 weeks of gestation for pregnant women at high risk for preeclampsia		
	Perinatal depression counseling for pregnant and postpartum women at increased risk		
	Rh incompatibility screening for pregnant women during their first visit for pregnancy-related care and repeated testing for women at higher risk for Rh incompatibility		
	Syphilis screening for pregnant women during their first visit for pregnancy-related care and adolescents and adults who are at increased risk for syphilis infection		
	Type 2 diabetes screening within the first year postpartum in women with a history of gestational diabetes who aren't currently pregnant and who haven't been previously diagnosed with Type 2 diabetes		
	Urinary tract or other infection screening for pregnant women		

## Other preventive services for women

✓	Preventive Service	Date	Notes
	Anxiety screening for women 64 or younger		
	Breast cancer chemoprevention medication counseling for women at higher risk		
	Breast cancer mammography screening with or without clinical breast examination every 1–2 years for women 40 and over		
	Cervical cancer screening for women 30–65 in one of these ways: <ul style="list-style-type: none"> <li>■ Screening every 3 years with cervical cytology (also called a Pap test or Pap smear) alone</li> <li>■ Screening every 5 years with high-risk human papillomavirus testing alone</li> <li>■ Screening every 5 years with high-risk human papillomavirus testing in combination with cytology (cotesting)</li> </ul>		
	Cervical cancer screening with cervical cytology (also called a Pap test or Pap smear) every 3 years for women 21–29		
	Chlamydia infection screening for sexually active women under 25 and other women at higher risk		
	Domestic and interpersonal violence screening for adolescent and adult women at least annually and referrals to support services when needed		
	Food and Drug Administration-approved, -granted, or -cleared contraceptives, family planning practices, sterilization procedures, and patient education and counseling to prevent unintended pregnancy and improve birth outcomes for adolescent and adult women*		
	Gonorrhea screening for sexually active women under 25 and other women at higher risk		
	HIV screening and counseling for women 15–65, and others at higher risk		
	Obesity counseling for women 40–60 with normal or overweight body mass index		
	Osteoporosis screening for postmenopausal women under 65 at increased risk and women 65 and older		
	Referral for breast cancer genetic test counseling (BRCA) and evaluation for BRCA testing for women with an increased risk for BRCA1 and BRCA2 gene mutations		

\* For more information on covered contraceptive services, visit [hrsa.gov/womens-guidelines](https://www.hrsa.gov/womens-guidelines).

✓	Preventive Service	Date	Notes
	Sexually transmitted infections behavioral counseling for sexually active adolescent and adult women		
	Tobacco use screening and cessation interventions for all adult women, including Food and Drug Administration-approved pharmacotherapy for cessation to nonpregnant adults		
	Type 2 diabetes screening within the first year postpartum in women with a history of gestational diabetes who aren't currently pregnant and who haven't been previously diagnosed with Type 2 diabetes		
	Urinary incontinence screening for women		
	Well-woman visits once per year for adolescent and adult women to get recommended preventive services		

## How can I learn more?

To learn more about coverage through the Marketplace or your benefits and protections, visit **HealthCare.gov** or call the Marketplace Call Center at 1-800-318-2596. TTY users can call 1-855-889-4325.

You have the right to get Marketplace information in an accessible format, like large print, braille, or audio.

You also have the right to file a complaint if you feel you've been discriminated against.

Visit [CMS.gov/about-cms/web-policies-important-links/accessibility-nondiscrimination-disabilities-notice](https://www.cms.gov/about-cms/web-policies-important-links/accessibility-nondiscrimination-disabilities-notice), or call the Marketplace Call Center at 1-800-318-2596 for more information. TTY users can call 1-855-889-4325.

### Health Insurance Marketplace

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