



Let's talk women's health



As women, the best way to be there and be strong for family, friends, and community is to make our own health a priority. This means taking time to get the healthcare we need. Here are four ways to help you stay healthy for the long term.

Have a yearly well-woman exam

A well-woman exam with an OB-GYN is a proactive step you can take each year to protect your health.¹

A well-woman exam focuses on:

- **Breast health.** Your doctor might perform a breast exam and may advise you to have a mammogram, based on your age and family history.²
- **Pelvic health.** This may include a pelvic exam and Pap test to check for cancer of the cervix, as needed.
- **Reproductive health.** This is the time to bring up questions or concerns about birth control, fertility, hormones, irregular periods or abnormal bleeding, and menopause symptoms.

Stay up on preventive care

While the well-woman exam centers around reproductive health, an annual physical with your primary care doctor is one of the best ways to stay healthy from head to toe, even if you feel well.

Your annual physical might involve:

- Check on blood pressure, height, and weight.
- Cholesterol and blood sugar testing.
- Talk of health goals, such as sleeping better or managing weight.
- Skin check for moles and skin cancers.
- Update of general and family health history.

Other preventive care you may need includes:

- Colorectal cancer screening, starting at age 45.³
- Mammogram, starting at age 40 based on health and family history.²
- Vaccines, such as the yearly flu shot, or vaccines for human papillomavirus (HPV), shingles, or tetanus.

Talk with your doctor or [check preventive guidelines](#) for your age.

Protect your mental health and well-being

Mental health is important to your overall well-being. It impacts how you think, feel, and act — and it affects your physical health, too. It's not just about hormones, either. Anxiety, depression, and stress are real.

If you're not feeling like yourself, try these tips:

- Talk to your doctor about treatment that might work for you.
- Connect with a therapist online using the SydneySM Health app.
- Reach out to a family member or friend.
- Set realistic goals for yourself to avoid feeling overwhelmed.
- Take a walk or spend time outside.

Decide to make healthy habits part of your lifestyle

Making healthy choices helps ensure your body works properly. It also reduces your risk of high blood pressure, weight gain or obesity, heart disease, diabetes, and cancer. Follow these tips to feel your best:⁴

- Avoid smoking or using tobacco.
- Choose wholesome food that includes lots of fruits and vegetables. Limit calories from added sugars and processed foods.
- Fit 30 minutes of physical activity into your everyday routine.
- Limit your alcohol intake to no more than one drink a day
- Try to get seven to nine hours of sleep each night.



Schedule your well-woman or annual physical today

To find a doctor in your plan's network, use the Find Care feature on the **Sydney Health app** or **[anthem.com](https://www.anthem.com)**.

¹ Cleveland Clinic: Well-Woman Exams: Who Needs Them and What to Expect (accessed August 2023); health.clevelandclinic.org.

² National Breast Cancer Foundation: Mammogram (accessed August 2023); nationalbreastcancer.org.

³ Centers for Disease Control and Prevention: What Should I Know About Screening? (accessed August 2023); cdc.gov.

⁴ Harvard Health: Five Healthy Habits to Net More Healthy Years (accessed August 2023); health.harvard.edu.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to [anthem.com/co/networkaccess](https://www.anthem.com/co/networkaccess). In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. and Community Care Health Plan of Georgia, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICESM Managed Care, Inc. (RIT), Healthy AllianceSM Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In 17 southeastern counties of New York: Anthem Healthchoice Assurance, Inc., and Anthem Healthchoice HMO, Inc. In these same counties Anthem Blue Cross and Blue Shield HP is the trademark of Anthem HP, LLC. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield, and its affiliate HealthKeepers, Inc. trades as Anthem HealthKeepers providing HMO coverage, and their service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by Compcore Health Services Insurance Corporation (Compcore) or Wisconsin Collaborative Insurance Corporation (WCIC). Compcore underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.