

# A Checklist to Keep Women\* Healthy

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

All Marketplace health plans must cover many preventive services for their enrollees 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.

✓	Preventive Service	Date	Notes
	<b>Anxiety screening for adolescent and adult women</b>		
	<b>Aspirin use 12 weeks after gestation for pregnant women at high risk for preeclampsia</b>		
	<b>Behavioral health counseling intervention for pregnant women</b>		
	<b>Breast cancer chemoprevention medication for women at higher risk</b>		
	<b>Breast cancer genetic test counseling (BRCA) for women at higher risk</b>		
	<b>Breast cancer mammography screening every 2 years for women 50 and over, and as recommended for women 40-49 or other women at higher risk</b>		
	<b>Breastfeeding support and counseling from trained providers, and access to breastfeeding supplies for pregnant and nursing women</b>		
	<b>Cervical cancer screening for women 21-65 (also called a Pap test or Pap smear)</b>		
	<b>Chlamydia infection screening for sexually active younger women and other women at higher risk</b>		
	<b>Domestic and interpersonal violence screening and counseling</b>		
	<b>Folic acid supplements for women who are planning or capable of becoming pregnant</b>		
	<b>Food and Drug Administration-approved contraceptives, family planning practices, sterilization procedures, and patient education and counseling to prevent unintended pregnancy and improve birth outcomes</b>		
	<b>Gestational diabetes screening for women at least 24 weeks pregnant and those at higher risk</b>		

✓	Preventive Service	Date	Notes
	<b>Gonorrhea screening</b> for sexually active younger women and other women at higher risk		
	<b>Hepatitis B screening</b> for pregnant women at their first prenatal visit		
	<b>HIV screening and counseling</b> for pregnant women, everyone 15 and older, and others at higher risk		
	<b>Obesity counseling</b> for women 40-60		
	<b>Osteoporosis screening</b> for women 65 and older		
	<b>Perinatal depression counseling</b> in pregnant and postpartum women at increased risk		
	<b>Preeclampsia screening</b> for pregnant women throughout pregnancy		
	<b>Rh incompatibility screening</b> for pregnant women and follow-up testing for women at higher risk for Rh incompatibility		
	<b>Sexually transmitted infections behavioral counseling</b> for sexually active women		
	<b>Syphilis screening</b> for pregnant women and others at increased risk		
	<b>Tobacco use screening and cessation intervention</b>		
	<b>Urinary incontinence</b>		
	<b>Urinary tract or other infection screening</b> for pregnant women or women who may become pregnant		
	<b>Well-woman visits</b> to get recommended preventive services		

- \* When an attending provider determines that a recommended preventive service is medically appropriate for an individual, a plan or issuer subject to the preventive services coverage requirement must provide coverage for the recommended preventive service, without cost sharing, regardless of sex assigned at birth, gender identity, or gender of the individual otherwise recorded by the plan or issuer.

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## Health Insurance Marketplace

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