



Information
You Need
To Take Good
Care of You

**Reminder
for Women:
SEE INSIDE for
Preventive Care
Guidelines and
Wallet Card**

We want you to knowSM



www.aetna.com

Women Ages 18 – 39 Take Good Care Tip:

Schedule your gynecologic exam and Pap smear.

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Schedule and Keep Your Appointments

One of the most important things you can do is to schedule and keep your appointments for preventive care, such as your gyn exam and Pap smear. Regular preventive care can help find medical conditions early, when they are most treatable.

Enclosed for You To Use:

- *Tear-out preventive care guidelines for women in your age group*
- *Handy wallet card you can use to schedule and track this important information*

We think these tools will help you keep up to date with your preventive screenings. It's just another way we're helping you take good care of you.

**Please talk to your doctor
if you have any questions
about this information.**

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RECOMMENDED PREVENTIVE CARE¹ FOR WOMEN AGES 18 – 39*

NAME OF TEST	HOW OFTEN FOR MOST WOMEN?
Blood Pressure	Periodically, starting at age 18.
Height/Weight and Body Mass Index (BMI)	Periodically, starting at age 18.
Pap Smear	Every 1– 2 years starting at age 21 or earlier if sexually active. If you are age 30 or older, either a Pap smear every 2 to 3 years after 3 consecutive normal results or HPV DNA test plus a Pap smear every 3 years if results of both tests are negative. Talk to your doctor about this recommendation.
Gynecologic Exam	Annually, to assess risk factors and make screening recommendations.
Breast Exam	Every 3 years by a health care provider. Speak to your doctor about breast self-exam; report any breast change promptly to your doctor.
Chlamydia	Routinely, if sexually active and age 25 years and younger.
Sexually Transmitted Diseases (STDs)	At any age, have STD tests if you have multiple sexual partners, a partner with multiple sexual partners, sexual contact with a person with an STD or a person with a history of an STD.
Skin (Mole) Exam	Monthly mole self-exam, and by a health care professional every 3 years starting at age 20.
Tetanus-Diphtheria Vaccine	Every 10 years, starting at age 18.
History of Rubella Vaccine or Rubella Blood Test (Titer)	For women of childbearing age, discuss this vaccine with your doctor.
Alcohol Misuse Screening and Behavioral Health Counseling Intervention	Routinely, starting at age 18.
Depression Screening	Routinely, starting at age 18.

Talk to your doctor about your personal preventive care schedule.

*If you have health problems, speak to your doctor about additional recommendations and screening tests.

¹Preventive Guidelines adapted from the recommendations of the U.S. Preventive Services Task Force (<http://www.ahrq.gov/clinic/prevenix.htm>) and U.S. Department of Health and Human Services, Office on Women's Health, Recommended Screenings and Immunizations for Women at Average Risk for Most Diseases (<http://www.4woman.gov/screeningcharts/general.htm>). Cancer screening recommendations adapted from the recommendations of the National Cancer Institute (NCI), Cancer Topics (<http://www.cancer.gov>), the American Cancer Society, Inc., Cancer Detection Guidelines (<http://www.cancer.org>) and the American College of Obstetricians and Gynecologists (ACOG), Primary and Preventive Care: Periodic Assessments (<http://www.acog.org>). Immunization recommendations were adapted from the recommendations of the Centers for Disease Control and Prevention (CDC). Available at: <http://www.cdc.gov/nip/ACIP/default.htm>. Accessed November 8, 2005.

Aetna Resources Put Information At Your Fingertips

Aetna Navigator™ Website

Your secure Aetna member website, www.aetnanavigator.com, gives you benefits and expert health information. See who is covered under your plan, review claim status, find health care professionals, and research health topics through Aetna IntelliHealth® and Healthwise® Knowledgebase (Health A – Z). You can also send a secure e-mail to Aetna Member Services for benefits-related questions. If you don't have Internet access, call the Member Services toll-free number on your ID card.

Aetna Women's Health Online

Our expanding online focus areas include heart health, breast health, migraine, reproductive health and menopause, women and depression, osteoporosis, and children's health. Our Women's Health site also offers age-specific preventive care guidelines, interactive tools and important information for ethnic and racial populations who are at high risk for developing heart disease. Visit Aetna's Women's Health Online at <http://womenshealth.aetna.com>.

Resources for More Information

Want to learn more about staying healthy and preventing disease? Contact the organizations listed in this section for free information. You can contact them in writing, by telephone, or by visiting their websites.

Centers for Disease Control and Prevention

U.S. Department of
Health and Human Services
1-800-311-3435
<http://www.cdc.gov/health>

Agency for Healthcare Research and Quality

U.S. Department of
Health and Human Services
1-800-358-9295
<http://www.ahrq.gov>

National Cancer Institute National Institutes of Health

U.S. Department of
Health and Human Services
1-800-422-6237
<http://www.cancer.gov>

American Cancer Society (ACS)

1-800-227-2345
<http://www.cancer.org>

Patient Safety

The Leapfrog Group works to keep the public safe from medical mistakes. Select "Hospital Survey Results" at www.leapfroggroup.org to see patient safety results for your area.

- If you smoke, quit!
- Eat a healthy diet.
- Get to and maintain a healthy weight.
- Be physically active.
- Limit your alcoholic beverages.
- Take all medications as directed by your doctor.

Helpful website:
www.aetna.com

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How To Use This Wallet Card

- Tear off the card at the perforation.
- Fold the card into thirds on the dotted lines so that your name is on the outside and the place to record your screening dates and results is on the inside. This card should fit easily in your wallet.

- Talk to your doctor about how often you should have each screening test, and write this information on the card.
- Write the date and results on your card each time you have a test.

Use the attached wallet card to track how often you should have these important preventive care tests. Write the dates and results of your tests in the spaces provided.

To print additional copies of this card, go to:
www.aetna.com/products/health_check.html.

TEAR OFF AT PERFORATION

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Preventive care recommendations for women ages 18 – 39 at average risk

- **Blood Pressure:** Periodically, starting at age 18.
- **Height, Weight/BMI:** Periodically, starting at age 18.
- **Pap Smear:** Every 1–2 years beginning at age 21 or earlier if sexually active. If you are age 30 or older, have a Pap smear every 2 to 3 years after 3 consecutive normal results or HPV DNA test plus a Pap smear every 3 years if results of both tests are negative. Talk to your doctor about this recommendation.

Fold Here

- **Gynecologic Exam:** Annually, to assess risk factors and make screening recommendations.
- **Breast Exam:** Every 3 years by a health care provider. Speak to your doctor about breast self-exam; report any breast changes promptly to your doctor.
- **Chlamydia Test:** Routinely, if sexually active and age 25 years and younger.
- **STD Test:** At any age, have STD tests if you have multiple sexual partners, a partner with multiple sexual partners, sexual contact with a person with an STD or a person with a history of an STD.
- **Skin (Mole) Exam:** Monthly mole self-exam, and by a health care professional every 3 years starting at age 20.
- **Tetanus-Diphtheria Vaccine:** Every 10 years, starting at age 18.
- **History of Rubella Vaccine or Rubella Blood Test (Titer):** For women of childbearing age, discuss this vaccine with your doctor.
- **Alcohol Misuse Screening and Behavioral Health Counseling Intervention:** Routinely, starting at age 18.
- **Depression Screening:** Routinely, starting at age 18.

Fold Here

Taking Care of Your Health

YOUR NAME

YOUR MEMBER ID NUMBER

YOUR DOCTOR'S NAME

YOUR DOCTOR'S PHONE NUMBER

To print additional copies of this card, go to:
www.aetna.com/products/health_check.html.

TEST OR EXAM	HOW OFTEN	DATE/RESULTS	DATE/RESULTS
STD Test			
Skin (Mole) Exam			
Tetanus-Diphtheria Vaccine	Every 10 years		
History of Rubella Vaccine or Rubella Blood Test (Titer)			
Alcohol Misuse Screening and Behavioral Health Counseling Intervention			
Depression Screening			

TEST OR EXAM	HOW OFTEN	DATE/RESULTS	DATE/RESULTS
Blood Pressure			
Height/Weight/BMI			
Pap Smear			
Gyn Exam/ Breast Exam by Health Care Provider			
Breast Self-Exam (BSE)	Monthly	J F M A M J J A S O N D	J F M A M J J A S O N D
Chlamydia Test			

The chart on the previous page shows recommended preventive screening tests and exams for women who are at average risk. Some women may require more frequent testing due to risk factors such as personal or family history.

Ask your doctor how often you need each test or exam, and write this information on this card. Every time you have a test, write the date and results in the space provided. This will help you to keep track of when you need your next test or exam. **Be sure to bring this card with you to each office visit.**

Do you know what you should be doing to take good care of you?

Below is information about lifestyle changes and important steps you can take to help prevent some of the most common health issues facing women today.

Get your regular Pap smear.

Cervical cancer can often be cured, if found and treated early.

The most important risk factor for cervical cancer is infection with HPV (human papillomavirus). A Pap smear or Pap test, can find HPV infection and pre-cancer early, when it is most treatable.

TAKE GOOD CARE OF YOU STEPS

- **Have a Pap smear** every 1–2 years beginning at age 21 or earlier if sexually active. If you are age 30 or older, have a Pap smear every 2 to 3 years after 3 consecutive normal results or HPV DNA test plus a Pap smear every 3 years if results of both tests are negative.²
 - **Get an annual gynecologic exam** to assess your risk factors and recommended screenings.³
 - **Talk to your doctor** about the recommendations that are right for you.
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² American Cancer Society (ACS). Cancer Detection Guidelines. Available at: http://www.cancer.org/docroot/PED/content/PED_2_3X_ACS_Cancer_Detection_Guidelines_36.asp.

³ American College of Obstetricians and Gynecologists (ACOG). Primary and Preventive Care: Periodic Assessments. Available at: <http://www.acog.org>.

Accessed November 8, 2005.



If you're sexually active and age 25 and younger, get tested for chlamydia.

Chlamydia is the most common bacterial sexually transmitted disease (STD) in the United States, and is most common in sexually active women age 25 years and younger. If left untreated, chlamydia can lead to pelvic infections, tubal pregnancy and infertility.⁴

TAKE GOOD CARE OF YOU STEPS⁵

- **Have a chlamydia test** routinely if you are age 25 years and younger and are sexually active. Chlamydia usually has no signs or symptoms.
 - **Have an STD test at any age** if you have multiple sexual partners, a partner with multiple sexual partners, sexual contact with a person with an STD or a personal history of STDs.
 - **Talk to your doctor** about chlamydia testing, as well as testing for any other STDs you may be at risk for.
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⁴ Centers for Disease Control and Prevention. Sexually Transmitted Diseases Chlamydia Fact Sheet. Available at: <http://www.cdc.gov/std/Chlamydia/STDFact-Chlamydia.htm>.

⁵ U.S. Preventive Services Task Force (USPSTF). Screening for Chlamydia Infection. Available at: <http://www.ahrq.gov/clinic/uspstf/uspstfchl.htm>.

Preparing for pregnancy.

It's important to start regular prenatal care as soon as you know you're pregnant. In addition to checking your health and the health of the baby, regular prenatal care visits can help find risk factors and any potential problems with the pregnancy. They are also a good opportunity to ask your doctor any questions you might have.

TAKE GOOD CARE OF YOU STEPS

- **Talk to your doctor:** If you are thinking about becoming pregnant, talk to your doctor about starting prenatal vitamins and folic acid supplements before you get pregnant, which can reduce the chance of birth defects. Folic acid is especially important to help reduce the chance of conditions like spina bifida.⁶
- **Start regular prenatal care** as soon as you know you're pregnant.
- **Make a list of questions** before your first prenatal visit.
- **Eat a healthy diet** before and during pregnancy. Speak to your doctor about foods high in folic acid.
- **Quit smoking** if you smoke!
Talk to your doctor if you need help.

Avoid tobacco smoke.

Lung cancer is the number one cause of cancer deaths in women. Studies show that smoking tobacco products in any form is the major cause of lung cancer. Secondhand tobacco smoke can also cause lung cancer.⁷

Though it's not easy to beat a nicotine addiction, committing to and quitting smoking will significantly reduce your risk for lung cancer.

TAKE GOOD CARE OF YOU STEPS

- **Quit smoking** if you smoke!
Talk to your doctor if you need help.
- **Avoid** places that have a lot of cigarette smoke.
- **Visit the Aetna IntelliHealth® Smoking Cessation area** available through the www.aetna.com website or directly at www.intelihealth.com/smoking-cessation to learn more about Quitting Smoking, Effects of Smoking, Tobacco-Related Diseases and more.

⁶ March of Dimes. What's New, Folic Acid Vitamin Use by Women Reaches All-Time High, March of Dimes Survey Finds? Available at: <http://www.marchofdimes.com/peristats/whatsnew.aspx?id=7>.

⁷ National Cancer Institute (NCI). Lung Cancer (PDQ®): Prevention; Lung Cancer Prevention. Available at: <http://www.cancer.gov/cancertopics/pdq/prevention/lung/Patient/page2>.



Overcoming depression — recognize if you have a problem.

Everybody feels “down” or “blue” sometimes. Having these feelings every day for more than two weeks, however, may be a sign of depression. The good news is that depression can be treated. You do not have to face this problem without help.⁸

Some warning signs of depression:

- Persistent sad, anxious or “empty” mood.
- Loss of interest or pleasure in activities, including sex.
- Restlessness, irritability or excessive crying.
- Feelings of guilt, worthlessness, helplessness, hopelessness, pessimism.
- Sleeping too much or too little, early-morning awakening.
- Appetite and/or weight loss or overeating and weight gain.

- Decreased energy, fatigue, feeling “slowed down.”
- Thoughts of death or suicide, or suicide attempts.
- Difficulty concentrating, remembering or making decisions.

TAKE GOOD CARE OF YOU STEPS

- **Talk to your doctor or a mental health professional** if you have had most of these symptoms for at least two weeks. The sooner you get treatment, the sooner you will begin to feel better.
 - **Choose a health care professional** and a treatment approach you are comfortable with.
 - **Consider yourself a partner** in your treatment and be an informed consumer. Visit the **Reawakening Center** at www.reawake.com for resources to encourage and assist people at risk for depression.
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⁸ U.S. Department of Health & Human Services (AHRQ). Staying Healthy; Overcoming Depression; Available at: <http://www.ahrq.gov/ppip/adguide/stayhealthy.htm>. Accessed November 8, 2005.

Protect yourself from family violence.

Domestic violence affects women of all racial, cultural and economic backgrounds.

Violence can take several forms, including domestic or intimate partner violence, sexual assault and abuse, dating violence, and elder abuse.⁹

TAKE GOOD CARE OF YOU STEP

Call the National Domestic Violence Hotline* to get immediate help and support at: **1-800-799-SAFE (7233)** or **(TDD) 1-800-787-3224**.

We hope you find this information useful, and encourage you to **TAKE GOOD CARE OF YOU!**

*This information is provided for your convenience and does not imply endorsement by Aetna Inc. or its subsidiary companies of any services or information obtained by calling the telephone number provided.

⁹ U.S. Department of Health and Human Services, National Women's Health Information Center.

Violence against women. Available at: <http://www.4woman.gov/violence/index.htm>. Accessed November 8, 2005.

The guidelines and information included in this brochure are recommendations only. It is important that you and your physician work closely together to create a specific care plan that addresses your individual health care needs.

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**Reminder
for Women:
It's that time
again!**



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