



Information You Need To Take Good Care of You

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

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We want you to knowSM



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Table of Contents

Recommended Preventive Care Guidelines for Women Ages 40+/Resources for More Information	3 – 4
Wallet Card	5 – 6
Important Health Information and Take Good Care of You Steps	7 – 12
Mammogram	7
Cervical Cancer	8
Colon Cancer	9
Lung Cancer and Tobacco Smoke	9
Know Your Risk of Heart Disease and Stroke	10
Diabetes	11
Menopause	12

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Women Ages 40+ Take Good Care Tip:

**Schedule your
regular mammogram
and Pap smear.**



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 mammogram and Pap smear. These tests can help find medical conditions early, when they are most treatable.

In Florida, you do not need a referral if you choose to visit a participating radiology center for your screening mammogram, but you may need a doctor's order written on a prescription pad. If you choose to have your mammogram performed at a participating hospital, you will need a referral from your primary care physician or gynecologist.

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 be helpful for you to 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.

RECOMMENDED PREVENTIVE CARE¹ FOR WOMEN AGES 40+*

NAME OF TEST	HOW OFTEN FOR MOST WOMEN?
Blood Pressure	Periodically.
Blood Sugar Test	Starting at age 45, and then every 3 years.
Bone Mineral Density Test	Starting at age 65, routinely (earlier if risk factors).
Height/Weight and Body Mass Index (BMI)	Periodically.
Cholesterol Test	Starting at age 45, and then every 5 years.
Colorectal Cancer Screening	Starting at age 50, yearly stool blood test (FOBT), OR flexible sigmoidoscopy every 5 years, OR yearly stool blood test plus flexible sigmoidoscopy every 5 years, OR double contrast barium enema every 5 years, OR colonoscopy every 10 years. Discuss testing with your doctor.
Mammogram	Every 1 – 2 years.
Pap Smear	Every 2 – 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. Women 70 years and older may stop screening. Talk to your doctor about the method of screening that is right for you.
Gynecologic Exam	Annually to assess risk factors and make screening recommendations.
Breast Exam	Every year by a health care provider. Speak to your doctor about breast self-exam; report any breast change promptly.
Sexually Transmitted Diseases (STDs)	Discuss testing with your doctor 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 every year by a health care professional.
Influenza Vaccine	Annually starting at age 50.
Pneumococcal Vaccine	1 dose — age 65 and older.
Tetanus-Diphtheria Vaccine	Every 10 years.
Alcohol Misuse Screening and Behavioral Health Counseling Intervention	Routinely.
Depression Screening	Routinely.

Talk to your health care professional 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 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 reach 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>

American Heart Association

1-800-242-8721
<http://www.americanheart.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

Preventive care recommendations for women ages 40+ (those at average risk)

- Blood Pressure: Periodically.

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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 write down 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 your card.
- Write the date and results on your card each time you have a screening test.

Use the attached wallet card to track how often you should receive 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.

- Diabetes Blood Sugar Test: Starting at age 45, and then every 3 years.
- Bone Mineral Density Test: Starting at age 65, routinely earlier if risk factors).
- Height, Weight/BMI: Periodically.
- Cholesterol Test: Starting at age 45, and then every 5 years.
- Colorectal Screening: Starting at age 50, yearly stool blood test (FOBT), OR flexible sigmoidoscopy every 5 years, OR yearly stool blood test plus flexible sigmoidoscopy every 5 years, OR double contrast barium enema every 5 years; OR colonoscopy every 10 years. Discuss testing with your doctor.

Fold Here

- Mammogram: Every 1 – 2 years.
- Pap Smear: Every 2 – 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. Women 70 years and older may stop screening. Talk to your doctor about the method of screening that is right for you.
- Gynecologic Exam: Annually to assess risk factors and make screening recommendations.
- Breast Exam: Every year by a health care provider. Speak to your doctor about breast self-exam, report any breast changes promptly.
- STD Test: Discuss testing with your doctor 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 every year by a health care professional.
- Influenza Vaccine: Annually starting at age 50.
- Pneumococcal Vaccine: 1 dose — age 65 and older.
- Tetanus-Diphtheria Vaccine: Every 10 years.
- Alcohol Misuse Screening and Behavioral Health Counseling Intervention: Routinely.
- Depression Screening: Routinely.

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TEAR OFF AT PERFORATION

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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.

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TEST OR EXAM	HOW OFTEN	DATE/RESULTS
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
STD Test		
Skin (Mole) Exam		
Influenza Vaccine	Annual	
Pneumococcal Vaccine		
Tetanus-Diphtheria Vaccine	Every 10 years	
Alcohol Misuse Screening and Behavioral Health Counseling Intervention		
Depression Screening		

TEST OR EXAM	HOW OFTEN	DATE/RESULTS
Blood Pressure		
Blood Sugar Test		
Bone Density		
Height/Weight/BMI		
Cholesterol <ul style="list-style-type: none"> ▪ LDL ▪ HDL ▪ Triglycerides 		
Colorectal Screening		
Mammogram		
Pap Smear		

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 mammogram.

The earlier breast cancer is diagnosed, the better the chances for a cure.

Screening tests such as mammograms can find diseases early when they are easier to treat. All women are encouraged to undergo regular screening for breast cancer.



TAKE GOOD CARE OF YOU STEPS

- Have a mammogram every 1 to 2 years.²
- Have a clinical breast exam by your physician or health care professional. This is usually done during your periodic health exam.³
- **Speak to your doctor** about breast self exam.
- **Visit Aetna IntelliHealth** at www.intelihealth.com/breastexam for information about how to perform breast self-examination.
- **Visit Aetna's Women's Health Online** at <http://womenshealth.aetna.com> to learn more about Breast Health.
- **Visit the National Cancer Institute** at <http://www.cancer.gov/cancertopics/understanding-breast-changes/allpages> for a health guide on understanding breast changes.

² National Cancer Institute. Get a Mammogram: Do It for Yourself, Do It for Your Family. Available at: http://www.cancer.org/docroot/CRI/content/CRI_2_4_3X_Can_breast_cancer_be_found_early_5.asp.

³ American Cancer Society (ACS): Can Breast Cancer Be Found Early? Available at: http://www.cancer.org/docroot/CRI/content/CRI_2_4_3X_Can_breast_cancer_be_found_early_5.asp.



Have a 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 test can find changes caused by HPV infection and pre-cancer early, when it is most treatable.

TAKE GOOD CARE OF YOU STEPS

- **Have a Pap smear** every 2 – 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. Women 70 years and older may stop screening. Talk to your doctor about the method of screening that is right for you.⁴
 - **Get an annual gynecologic exam** to assess your risk factors and recommended screenings.⁵
 - **Talk to your doctor** about the recommendations that are right for you.
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⁴ American Cancer Society (ACS): ACS Cancer Detection Guidelines. Available at: http://www.cancer.org/docroot/PED/content/PED_2_3X_ACS_Cancer_Detection_Guidelines_36.asp.

⁵ American College of Obstetricians and Gynecologists (ACOG). Primary and Preventive Care: Periodic Assessments. Available at: <http://www.acog.org>.

Have regular screenings for colon cancer.

Screening tests are used to look for disease in people who do not have symptoms. These tests can find colorectal cancers at an early stage and greatly improve the chances for successful treatment. Screening tests can also help prevent some cancers by allowing doctors to find and remove polyps that might become cancer.

There are several tests used to screen for colorectal cancer. Talk to your doctor about the following options if you are over age 50 or have a family history of colorectal cancer.⁶

- Yearly stool blood test (FOBT).
- Flexible sigmoidoscopy every 5 years.
- Yearly stool blood test plus flexible sigmoidoscopy every 5 years.
- Double contrast barium enema every 5 years.
- Colonoscopy every 10 years.

TAKE GOOD CARE OF YOU STEPS

- **Have** regular colorectal cancer screenings.
- **Exercise** regularly.
- **Eat** a diet low in fat and high in fruits, vegetables and whole-grain foods.

Avoid tobacco smoke.

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 American Cancer Society (ACS) How Is Colorectal Cancer Found? Available at: http://www.cancer.org/docroot/CRI/content/CRI_2_2_3X_How_is_colorectal_cancer_found.asp?rnav=cri

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

Know the signs of heart disease and stroke in women.

Not everyone gets all of the warning signs of a heart attack, and sometimes these signs can go away and return. Since treatments are most effective within one hour of an attack, it pays to know the warning signs.⁸

Signs of heart attack include:

- Chest discomfort or pressure, fullness, squeezing or pain in the center of the chest that lasts longer than a few minutes, or comes and goes.
- Spreading pain to one or both arms, back, jaw or stomach.
- Cold sweats and nausea.

Women are somewhat more likely than men to have warning signs not typically associated with heart attack, including shortness of breath, nausea, vomiting, and back or jaw pain.

Symptoms of a stroke include:

- Sudden weakness or numbness on one side of the body — usually the face, arm or leg.
- Sudden dimness or loss of vision, particularly in one eye.
- Loss of speech or trouble talking.
- Sudden, severe headaches with no known cause.
- Unexplained dizziness, unsteadiness or sudden falls.

Not all of these symptoms occur during a stroke. But any one of them is serious enough to seek immediate help.

If you have any of these symptoms, call 911 right away or go to your nearest emergency room.

TAKE GOOD CARE OF YOU STEPS

- **Quit smoking** if you smoke!
Talk to your doctor if you need help.
- **Read nutrition labels.** Cut back on foods high in saturated fat and cholesterol.
- **Visit your doctor regularly,** and check your blood pressure, cholesterol and blood sugar levels. Work with your doctor to get and keep them under control.
- **Exercise at least 30 minutes every day.** Check with your doctor before beginning any formal exercise program.
- **Get to and maintain a healthy weight,** with a target body mass index (BMI) of less than 25.*

*To calculate your BMI, divide your weight (in pounds) by your height (in inches squared), then multiply that number by 703 (weight in pounds ÷ [height in inches x height in inches] x 703). You may also visit the Aetna IntelliHealth website and use the Body Mass Index calculator at www.intelihealth.com/bmi. A BMI of 25 to 29.9 is considered overweight, and 30 or above is considered obese.

⁸American Heart Association. Heart Attack, Stroke and Cardiac Arrest Warning Signs. Available at: <http://www.americanheart.org/>. Accessed November 8, 2005.



Know your risk factors for diabetes.

While diabetes and prediabetes occur in people of all ages and races, some groups have a higher risk for developing the disease than others. Diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders, as well as the aged population. These groups are also at increased risk for developing prediabetes.

The good news is that studies have shown that people with prediabetes (blood sugar levels that are higher than normal but not high enough to be diagnosed as diabetes) can prevent the development of type 2 diabetes by making changes in their diet and increasing their level of physical activity. They may even be able to return their blood sugar levels to the normal range.⁹

TAKE GOOD CARE OF YOU STEPS

- **Have your blood sugar level checked** every 3 years if you are age 45 or over.
 - **Eat a healthy diet.** Speak to your doctor about making changes in your diet.
 - **Increase physical activity.** Even a minor increase in activity can make a difference.
 - **Get to and maintain a healthy weight,** with a target body mass index (BMI) of less than 25.
 - **Visit the American Diabetes Association** at www.diabetes.org for resources to help people with diabetes or prediabetes.
 - **Visit the American Heart Association** at www.americanheart.org/diabetes for information on a free educational program called “The Heart of Diabetes.”
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⁹ American Diabetes Association. All About Diabetes. Available at: www.diabetes.org. Accessed November 8, 2005.



What are menopause and perimenopause?

Menopause is the time when your menstrual cycle stops for good. Most women reach menopause in their late 40s or early 50s.

In the years leading up to menopause, called perimenopause, the levels of two female hormones, estrogen and progesterone, begin to change. Most women experience perimenopause between ages 35 and 50.

For many women, the shifting levels of hormones during perimenopause cause physical and emotional changes.

Some of these changes include:

- Skipping periods
- Irregular bleeding
- Hot flashes
- Mood swings
- Sleep problems
- Painful intercourse from vaginal dryness

After menopause

After menopause, women are at higher risk for some diseases such as osteoporosis (bone thinning) and heart disease.¹⁰

TAKE GOOD CARE OF YOU STEPS

- **Eat a healthy diet.** Speak to your doctor about making changes in your diet.
 - **Increase physical activity.** Even a minor increase in activity can make a difference.
 - **Quit smoking** if you smoke!
Talk to your doctor if you need help.
 - **Speak to your doctor** about how to relieve the symptoms of perimenopause and menopause.
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¹⁰ Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services. Pocket Guide to Good Health for Adults, Menopause and Beyond. Available at: <http://www.ahrq.gov/ppip/adguide/stayhealthy.htm>. Accessed November 8, 2005.

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

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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