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When was my last wellness exam and depression screening?



You should get a wellness exam every year. Unlike a visit to your doctor when you're sick or injured, a wellness exam includes a full check-up and depression screening. It allows you and your doctor to check in on your overall mental and physical health and helps with disease prevention.

References: U.S. Preventive Services Task Force. "Recommendations for Adults." Web. May, 2018. <uspreventiveservicestaskforce.org/Page/Name/recommendations>.

American Cancer Society. "American Cancer Society Guidelines for the Early Detection of Cancer." Web. May, 2018. <cancer.org/healthy/findcancerearly/cancerscreeningguidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer>.

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How often should I be screened for cervical cancer?



The short answer: Pap smears are recommended every three years for those between 21 and 65 years old. But if you're 30 to 65 years old, you can choose to get tested for human papillomavirus (HPV) every five years. HPV is the most common cause of cervical cancer. Talk to your doctor about what's best for you.

The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns.

SelectHealth is an HMO plan sponsor with a Medicare contract. Enrollment in SelectHealth Advantage depends on contract renewal.

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Schedule an appointment today.

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It's Time to
Ask Yourself
Some Important
Questions about
Your Health



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Ask yourself these questions

As a woman, you have unique healthcare needs. To stay healthy, you should make regular screenings a priority. In addition to a yearly preventive exam, talk to your doctor about other recommendations and your risk factors.

When did I get my last mammogram?



Women ages 40 to 74 should get a mammogram every one to two years, even if you do not have a family history of breast cancer.

Am I protecting myself from chlamydia by knowing when I need to be tested?



If you're sexually active—even if you're in a committed, monogamous relationship—you should be tested every year for chlamydia. You should get tested even if you're on birth control, have been tested for STDs or pregnancy, and receive Pap smears regularly.

Are my family and I protecting ourselves by staying up to date on our vaccinations?



Growing families should protect themselves with vaccinations through all stages of life. Stay up-to-date on your vaccines to protect yourself and others around you who may be at risk—especially babies! Talk to your doctor about what other vaccines you might need.

Do I need to be screened for colon cancer?



Colon cancer screening should start at age 50 and occur every ten years or sooner based on your risk for colon cancer until age 75. Other screening options are available. Talk to your doctor about which option is best for you.

Schedule Your Needed Screenings Today

If you need help finding a doctor or making an appointment, call SelectHealth Member Advocates at **800-515-2220**.

Questions? We can help you understand your benefits. Call Member Services at **800-538-5038** weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 9:00 a.m. to 2:00 p.m. SelectHealth Community Care members, please call **855-442-3234**.