

# Go Red For Women<sup>®</sup>

## WELL-WOMAN VISIT GUIDE

### Taking Charge of Your Heart Health

Well-Woman Visit is the annual check-up to review a woman's overall health, including the key elements of ideal cardiovascular health.

The American Heart Association has developed "Life's Simple 7," a seven-step guide that defines important ways to reduce risk for heart disease and stroke: manage blood pressure, control cholesterol, reduce blood sugar, get active, eat better, lose weight and stop smoking.

The annual Well-Woman Visit is a great opportunity for women and their doctors to know if they are on track to achieving ideal cardiovascular health as a part of their full health story.

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## CHECK YOUR INSURANCE PLAN

The Well-Woman Visit is now free, under most health plans and Medicare, thanks to the Affordable Care Act, yet less than half the population is aware that the Well-Woman Visit and other preventive services are now available without any out-of-pocket costs.

Women should consult their plans for specific preventive services coverage language before scheduling a visit. For example, mentions of a specific condition or immediate health concern may trigger additional cost for the exam. The Well-Woman Visit can be scheduled with your primary care physician, nurse-practitioner, or even OB-GYN.

It is a separate visit from other appointments for specific sicknesses or injuries.

## YOUR WELL-WOMAN VISIT GOALS

Your Well-Woman Visit is a chance to focus on your overall health and wellness. There are three main goals for your visit:

- Documenting your health habits and history
- Having a clear health checklist to better understand what to expect in your Well-Woman Visit
- Setting your health goals

## OUR HEALTH HISTORY

Before your physical exam, your health care provider will ask you to answer some questions about your overall health. These questions may cover topics including:

- Medical history
- Family's health history
- Sexual health and sexual partners
- Eating habits and physical activity
- Use of alcohol, tobacco, and other drugs
- Mental health history, including depression
- Healthy relationships and personal safety
- Current and past medications and supplements

## YOUR WELL-WOMAN VISIT CHECKLIST

Here are the measurements, examinations, tests and screenings that might be part of your Well-Woman Visit that will help assess your health risks. The actual exams and screening tests conducted by your health care provider will depend upon your age, family history, and dates of previous screening tests, such as:

- Measuring your height and weight and then calculating your body mass index (BMI) to see if you are at a healthy weight
- Checking your blood pressure
- Taking your temperature
- Head and neck exam
- Abdominal exam
- Dermatological exam
- Pap test and HPV test for cervical cancer
- Laboratory tests: There are no standard laboratory tests during an annual physical. However, some providers might order certain tests including:
  - Chemistry panel: From a heart-health perspective, the most important components are blood glucose and cholesterol levels.
  - Complete blood count
  - Cardiovascular Risk Calculation using the AHA CV Risk Calculator
  - Assessing colorectal cancer screening status

**NOTE:** EKGs are NOT recommended as a routine part of a Well-Woman Visit.

**Remember that 80% of cardiovascular disease may be prevented, and it all starts with a Well-Woman Visit. Schedule yours today!"**