



Health Partners encourages women of all ages to make their health a priority.

Be sure to take care of yourself because you are worth it. Let's start with a few self-care reminders:

- ✓ Schedule a **regular check-up** with your doctor.
- ✓ Remember to **drink water** throughout the day.
- ✓ Enjoy a **healthy and balanced diet**.
- ✓ Get **active** or take a daily walk.
- ✓ Prioritize **mental health**.

Talk to Your Doctor

We recommend that you talk with your doctor about your overall health, including exams you may need like breast and cervical cancer screenings. Your doctor can help you decide on a screening schedule based on your personal and family health history.

Having the right doctor is very important. Please visit hplans.com/hpdocs to find participating providers, including OB/GYNs and mammogram facilities.

Take Care of Your Health

Regular health screenings are important. Preventive care can help detect problems early so that treatment is more effective.

Breast Cancer Screening

Breast cancer is the most common cancer in American women.¹ Mammograms can help find breast cancer early. Start screening at age 40 unless otherwise directed by your doctor. You should also know how your breasts normally look and feel. Report any changes, such as a lump, unusual swelling or thickening, to your doctor right away.²

Cervical Cancer Screening

The ACS recommends that you start having a Pap test at age 25 and then once every three years.

If you are between the ages of 25 and 65, you should have a Pap test plus an HPV test (called “co-testing”) every five years. But always follow your doctor’s advice.³

For help making an appointment, please call Health Partners at 1-888-477-9800 (TTY 1-877-454-8477).

If you have questions:



Speak to your doctor



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1-888-477-9800 (TTY 1-877-454-8477)



Contact the American Cancer Society at
1-800-227-2345 or visit cancer.org

Resources:

1. “Key Statistics for Breast Cancer,” American Cancer Society, January 12, 2022, cancer.org/cancer/breast-cancer/about/how-common-is-breast-cancer.html.
2. “Recommendations for the Early Detection of Breast Cancer,” American Cancer Society, January 14, 2022, cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html.
3. “Guidelines for the Prevention and Early Detection of Cervical Cancer,” American Cancer Society, April 22, 2021, cancer.org/cancer/cervical-cancer/detection-diagnosis-staging/cervical-cancer-screening-guidelines.html.

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ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-888-477-9800 (TTY 1-877-454-8477).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-477-9800 (TTY 1-877-454-8477).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-477-9800 (телетайп 1-877-454-8477).