

Keep yourself and loved ones safe with a well-women check-up



My name is Anna

This is my beautiful, healthy daughter, Maria. I almost couldn't have her, because I got a sexually transmitted infection called chlamydia two years ago. It's known as the "silent" disease because most people who have it don't show any symptoms. I didn't.

If you're having vaginal, oral or anal sex, get yourself checked for chlamydia. And tell your partners to get checked also.

My name is Shawna

Not too long ago my doctor tested me for sexually transmitted infections and cervical cancer. She caught my cancer early and I was able to get treated. I didn't think I would get cancer, but I did.

My risk for cancer increased as soon as I became sexually active and yours will too. Make an appointment with your doctor as soon as you start having sex.

Each year 40,000 women are found to have early cervical cancer.

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Did you know...
2.8 million Americans are infected with chlamydia each year. Of those, 2.1 million won't have any symptoms.

See your doctor or women's health provider every year.



The time it takes to see your doctor can lead to a lifetime of good health. Be sure to talk to your doctor about these important health items:

Sexually Transmitted Infections (STIs): Get checked regularly and learn how to prevent STIs such as chlamydia, gonorrhea, human immunodeficiency virus (HIV) and human papillomavirus (HPV)

Pap Smears: Detect cervical cancer early with regular pap smears. Ask your doctor if you need this test.

Breast Self-Exams: Be an active part of your health care with monthly breast self-exams.

Family Planning: Find out more about contraception (preventing pregnancy), emergency contraception or planning to have a baby.

Call TODAY to schedule an appointment for a check-up. If you need help finding a doctor call Member Services at (800) 288-5555. All help is **FREE and confidential**.

Are you pregnant?

We'll send you a **\$50 Gift Certificate** and a **Free Gift** for seeing your doctor early.



It's important to see a doctor early in your pregnancy to make sure you and your baby are healthy. San Francisco Health Plan wants to help you get the services you need. We can help you find a doctor, *and* make an appointment for a prenatal visit.

You may be able to receive a special gift and a \$50 gift certificate to your choice of Macy's, Mervyn's, Target, or Old Navy for seeing your doctor.

For more information, call **(800) 288-5555** Monday through Friday, 8:30am to 5:30pm.

Talk to your doctor about the chart below.

	18-39 years	40-49 years	50-64 years	65+ years
PHYSICAL EXAM				
Blood Pressure, Height and Weight	Every doctor visit			
Instructions for Breast Self-Examination	At first appointment, learn how to do the exams every month			
Dental, Vision, Hearing	Every 1 – 3 Years, or as recommended by your doctor			
SCREENINGS				
Cholesterol	Every 5 years or as recommended by your doctor.			
Chlamydia	Yearly if sexually active and < 25 years old Yearly, if sexually active and > 25 years old with new or multiple partners			
Pap Smear	Within 3 years of becoming sexually active but no later than age 21 and every 1-3 years thereafter.		As recommended by your doctor	
Mammography	Every 1 – 2 years	Yearly	Every 1 – 2 year or as recommended by your doctor	
Colon Cancer Screening:			Annual fecal occult blood test, or sigmoidoscopy every 5 years or colonoscopy every 10 years; ask your doctor which test is right for you.	
IMMUNIZATIONS				
Tetanus-Diphtheria (Td)	Every 10 years			
Measles and Mumps	As recommended by your doctor			
Rubella	As recommended by your doctor			
Influenza	Every year if you are at risk		Yearly	
Pneumococcal	As recommended by your doctor			

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Stay healthy at every age.

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IMPORTANT INFORMATION

You may be due for a check-up



Look Good. Feel Good. Live Healthy.