Contact your
Primary Care Provider
(PCP) to make your
annual appointment

Health Guide Quick Numbers

Cigarettes If you smoke, ask your PCP for help quitting.

Servings Eat fresh fruits and veggies each day, and cut back on processed foods high in sugar, salt, and bad kinds of fat such as trans fat.

1 O Minutes Relaxing
Doing things like going for a walk or sitting calmly each day helps to lower stress and reduce health problems.

Normal Body Mass Index (BMI)

BMI is a measure of body fat based on height and weight. Aim for a healthy weight. Being overweight raises your risk of health problems. Ask your PCP for your BMI, or find it at

www.cdc.gov/healthyweight

150 Minutes Moving your body for just 30 minutes, 5 days a week can boost your mood, energy level, sleep, and help you live longer! Find something that you love (dancing, swimming, playing with your kids, going for a brisk walk) and make it part of your life on most days of the week.











SAN FRANCISCO HEALTH PLAN

Here for you

Clinical Quality P.O. Box 194247 San Francisco, CA 94119-4247 www.sfhp.org

Staying healthy at every age

Women's Health

SAN FRANCISCO HEALTH PLAN

Here for you







Health guidelines all women should know

Women have many unique health needs. These needs often change as you grow older. Here is information about some common women's health issues and tips for a healthy you.

Take control of your health:

- As often as you can: eat healthy food, lower your stress, get enough sleep, and be active
- Make sure your relationships are healthy: if you feel unsafe or someone in your life threatens or tries to control you, call **1(877) 503-1850** for help
- Talk with your PCP about any feelings of sadness, worry, or anger

See your PCP for a well-woman visit once a year:

- Have your blood pressure and weight checked
- Talk with your PCP about your tobacco, drug, and alcohol use
- See a dentist 1-2 times a year: call Denti-Cal at 1(800) 322-6384 to find one near you
- Get a flu shot each year

Ask what tests and shots are right for you:

- Pap test (cervical cancer screening) every 3-5 years
- Hepatitis B vaccine
- Testing for HIV and other STIs
- Tuberculosis screening
- Eyesight and hearing tests
- Get a Tdap (whooping cough) shot every 10 years, and each time you are pregnant or around an infant

Visit www.sfhp.org/members for more health education tools and tips.







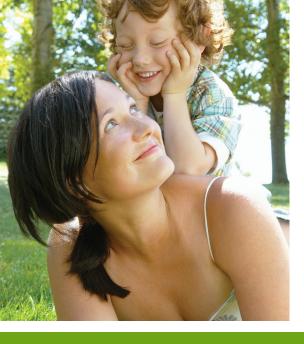
Women Age 18-45:

- Chlamydia check each year if you are age 25 or under and sexually active
- **HPV vaccine** if you are age 26 or younger (3 doses total)
- Skin concerns talk with your PCP if you have questions about your skin



Women Age 45-70:

- Cholesterol check every 5 years if you are over age 45
- Colon cancer screening every 5-10 years if you are over age 50
- Breast cancer screening every 2 years if you are age 50-69
- Zoster vaccine at age 60
- Bone density screening starting at age 65



Do you want to get pregnant in the next year?

- If you have sex with men, are you using a reliable birth control method (such as condoms)?
- Ask your PCP about getting tested for HIV and other STIs
- Talk with your PCP about your future pregnancy plans

Yes

- Don't smoke or drink alcohol if you think you may be pregnant
- Visit your PCP as soon as you think you may be pregnant
- Take a prenatal vitamin with folic acid every day
- Visit your dentist for a cleaning at least once during your pregnancy
- Get a Tdap shot in your third trimester
- Visit your doctor 3-8 weeks after giving birth to make sure you are healing well



Earn a \$25 gift card when you:

- See your doctor in the first 12 weeks of being pregnant, or within 42 days of joining Medi-Cal
- See your doctor 3-8 weeks after giving birth

