

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

Health Guide Quick Numbers

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

5 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.

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

**<25 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?

No

- **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

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



Your Body, Your Baby

Steps for a healthy start