

Winning at women's wellness

Women aren't always good at focusing on their own health needs. And even though men and women share some of the same health problems, they are affected in different ways. Here's how you can take care of yourself first:

- Know the symptoms of heart disease in women and have your cholesterol, blood pressure and triglycerides checked regularly.
- Plan for pregnancies and visit your doctor regularly if you are pregnant.
- Follow the proper timetable for getting mammograms.
- Get normal screenings for cervical, uterine and ovarian cancer.

Sources: U.S. National Library of Medicine; National Institutes of Health



Winning isn't everything – except when it comes to your health.



Answers for the asking: Have questions about women's health issues? Find answers by logging in to Blue Access® for Members and clicking the Ask A Nurse feature in the Personal Health Manager.

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