



Avoiding your well-woman exam?

Have you been avoiding your yearly well-woman exam? You're not the only one.

Many women have anxiety about their well-woman visit. You might feel a little embarrassed or uncomfortable. While these feelings are normal, an annual well-woman exam is very important for your reproductive and overall health!

4 Reasons to Stop Avoiding Your Well-Woman Exam

- 1. Detect problems early.** Your provider will do a physical exam that checks for things like high blood pressure, heart or lung issues, signs of breast cancer and any abnormalities of your reproductive organs.
- 2. Stay on top of your screenings.** You'll get a PAP test to screen for cervical cancer, which rarely causes symptoms but is treatable if caught early. *You need one every three years or more often if recommended.* They'll also tell you if you need a mammogram or screening for things like osteoporosis.

- 3. Get relief.** You can get help managing symptoms of menopause or menstruation. Both can be painful and overwhelming, but you don't have to deal with it alone.
- 4. Clear your mind.** You can ask your provider ANYTHING about your sexual, physical or mental health! *Write your questions down ahead of time so you don't forget.*

It's okay to be nervous. Openly communicate with your provider about how you feel. Let them know if you're anxious or if the exam could be difficult for you due to past trauma. Ask them to explain the exam before you go, so you know what to expect.

Don't put it off any longer! **Your TRS-ActiveCare plan covers 100% of your preventive care, which includes an annual well-woman exam.**

Use Member Rewards to schedule it with a Top-Performing Physician, like a Primary Care Provider or OBGYN to earn \$\$\$ while you get your well-woman exam.

Schedule and Earn Today

Grocery Shopping on a Budget Webinar

Wednesday, March 25

Noon - 12:45 p.m.	5 - 5:45 p.m.
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This presentation covers:

- nutrition basics
- reading nutrition labels
- how to shop for nutrient dense foods
- resources available to you

Register Today!