

4 reasons to make an appointment.

TRS

ACTIVECARE

BlueCross BlueShield

of Texas

Plan Highlights

Doctors and Hospitals

Health and Wellbeing

Tools and Resources

Avoiding your well-woman exam?

Schedule an Exam



gettyimages
Credit: Dann Tardif

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.

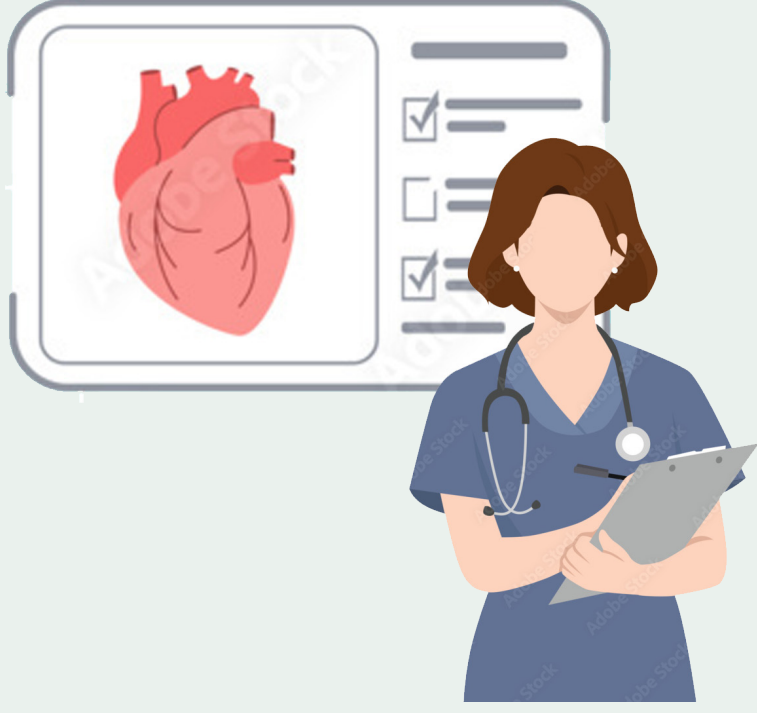
4. Clear your mind.

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.

Try to openly communicate with your provider about how you're feeling. 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.



Schedule an Exam

Take advantage of your benefits

Whether you want to learn how to track your cycle, try to have a baby, try to NOT have a baby, or deal with symptoms of menopause, your plan provides support for your health in every stage of life.

Ovia Health™

It takes a village. Let TRS-ActiveCare be part of yours, wherever you are. Get support at no added cost for periods, pregnancy, parenting and menopause with Ovia Health apps. Each app gives you daily personalized articles and tips to achieve your goals,

Get the App

Your plan also includes no-cost benefits like:

• support from a maternity specialist if your pregnancy is high-risk

• electric breast pumps limited to two per plan year (hospital-grade breast pump rentals are covered up to \$150 of allowed amount)

• lactation counseling services, six visits per plan year

Essentials of Nutrition Webinar

Thursday, March 27

8 a.m. - 8:45 p.m.

Noon. - 12:45 p.m.

Tune in to a wellness webinar created just for you! This presentation about the Essentials of Nutrition will cover:

• nutrition basics

• healthy food choices

• portion control

• healthy snack ideas

• maintaining a healthy weight



Register today!

8 a.m. Webinar

Noon Webinar

A mobile app interface on a smartphone. The screen shows the TRS ActiveCare and BlueCross BlueShield of Texas logos at the top. Below are navigation links: Plan Highlights, Doctors and Hospitals, Health and Wellbeing, and Tools and Resources. The main content area features the heading 'Avoiding your well-woman exam?' with a 'Schedule an Exam' button. Below this is a paragraph of text about the importance of well-woman exams. At the bottom of the screen are icons for a trash can, a folder, a back arrow, and a pencil.

A smartwatch app interface. The screen displays the TRS ActiveCare and BlueCross BlueShield of Texas logos. The main text reads 'Avoiding your well-woman exam?' with a 'Schedule an Exam' button below it.