

4 reasons to make an appointment



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# Avoiding your well-woman exam?

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## 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 so much more than renewing your birth control prescription. It's very important for your reproductive and overall health!

### 4 Reasons to Stop Avoiding Your Well-Woman Exam



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.



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.



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. Your provider can help you find relief.



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](#)



### Need a new provider?

You can use [Provider Finder](#) to find an OBGYN, Primary Care Provider and more. For help finding a provider or scheduling an appointment, call a Personal Health Guide at [1-866-355-5999](tel:1-866-355-5999) or chat in the BCBSTX App, available 24/7.

[www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare)



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Gyn Care 101: What to know about seeing a gynecologist [↗](#), Harvard Health Publishing

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