

Skipping annual visits puts you at risk | View in [Web Browser](#)



WELL-WOMAN VISITS ARE CRITICAL

The average risk of a woman developing breast cancer in her lifetime is 13%. This means that women have a one-in-eight chance of developing breast cancer in their lifetimes. A mammogram can help find breast cancer early, when treatments are more likely to succeed.

It's essential to stay up-to-date on all screenings and recommendations, like mammograms and pelvic exams, and know your family history. **Schedule your annual well-woman visit today, at no cost.**

Find Care

You can go to an obstetrician-gynecologist (OB-GYN) or Primary Care Provider (PCP) for your no-cost well-woman visit. An OB-GYN specializes in women's health care, and a PCP is a generalist. Use [Provider Finder](#)® to search for an in-network doctor who fits your needs and values.



Well-Woman Visits

Well-woman visits are different from visits for sickness and injury. Well-woman visits focus on preventive care.

During these visits, you will:

- Document your general health information, medications, and family medical history
- Discuss your menstrual cycle, whether you're sexually active, and if you've been pregnant before
- Get a physical exam that includes a breast and pelvic exam to screen for breast cancer, ovarian cancer, or other health issues
- Get counseling to help you make informed health decisions, like birth control options, based on your needs and preferences

**Don't wait until you need specialized care from an OB-GYN.
Schedule your well-woman visit today!**



If you have questions or need help finding an OB-GYN, connect with a Personal Health Guide 24/7 at **1-866-355-5999** or chat through the [Blue Cross and Blue Shield of Texas App](#).

[Discover More](#)

www.bcbstx.com/trsactivecare



Source: Key Statistics for Breast Cancer, American Cancer Society

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