



Let's talk women's health



As women, the best way to be there and be strong for family, friends, and community is to make our own health a priority. This means taking time to get the healthcare we need. Here are four ways to help you stay healthy for the long term.

Have a yearly well-woman exam

A well-woman exam with an OB-GYN is a proactive step you can take each year to protect your health.¹

A well-woman exam focuses on:

- **Breast health.** Your doctor might perform a breast exam and may advise you to have a mammogram, based on your age and family history.²
- **Pelvic health.** This may include a pelvic exam and Pap test to check for cancer of the cervix, as needed.
- **Reproductive health.** This is the time to bring up questions or concerns about birth control, fertility, hormones, irregular periods or abnormal bleeding, and menopause symptoms.

Stay up on preventive care

While the well-woman exam centers around reproductive health, an annual physical with your primary care doctor is one of the best ways to stay healthy from head to toe, even if you feel well.

Your annual physical might involve:

- Check on blood pressure, height, and weight.
- Cholesterol and blood sugar testing.
- Talk of health goals, such as sleeping better or managing weight.
- Skin check for moles and skin cancers.
- Update of general and family health history.

Other preventive care you may need includes:

- Colorectal cancer screening, starting at age 45.³
- Mammogram, starting at age 40 based on health and family history.²
- Vaccines, such as the yearly flu shot, or vaccines for human papillomavirus (HPV), shingles, or tetanus.

Talk with your doctor or [check preventive guidelines](#) for your age.

Protect your mental health and well-being

Mental health is important to your overall well-being. It impacts how you think, feel, and act — and it affects your physical health, too. It's not just about hormones, either. Anxiety, depression, and stress are real.

If you're not feeling like yourself, try these tips:

- Talk to your doctor about treatment that might work for you.
- Connect with a therapist online using the SydneySM Health app.
- Reach out to a family member or friend.
- Set realistic goals for yourself to avoid feeling overwhelmed.
- Take a walk or spend time outside.

Decide to make healthy habits part of your lifestyle

Making healthy choices helps ensure your body works properly. It also reduces your risk of high blood pressure, weight gain or obesity, heart disease, diabetes, and cancer. Follow these tips to feel your best:⁴

- Avoid smoking or using tobacco.
- Choose wholesome food that includes lots of fruits and vegetables. Limit calories from added sugars and processed foods.
- Fit 30 minutes of physical activity into your everyday routine.
- Limit your alcohol intake to no more than one drink a day
- Try to get seven to nine hours of sleep each night.



Schedule your well-woman or annual physical today

To find a doctor in your plan's network, use the Find Care feature on the [Sydney Health app](#) or [anthem.com/ca](https://www.anthem.com/ca).

¹ Cleveland Clinic: Well-Woman Exams: Who Needs Them and What to Expect (accessed August 2023); health.clevelandclinic.org.

² National Breast Cancer Foundation: Mammogram (accessed August 2023); nationalbreastcancer.org.

³ Centers for Disease Control and Prevention: What Should I Know About Screening? (accessed August 2023); cdc.gov.

⁴ Harvard Health: Five Healthy Habits to Net More Healthy Years (accessed August 2023); health.harvard.edu.

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