



Choose Your Health

There are many aspects of your health that are out of your control. Family history and genetics are among the things that you can't change about your health.

Take control of the things that you CAN change! Your choices today can affect how healthy you and your children are in the future. You can choose to quit smoking. You can choose to exercise and eat better. You can choose to go to prenatal visits when you are pregnant. You can choose to make positive and healthy changes in your life.

You can choose to be healthier today!



HEALTH PLAN

G-3245 Beecher Road
Flint, MI 48532

McLaren Health Plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-327-0671 (TTY: 711).

Arabic:

ملحوظة: إذا كنت تتحدث انكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-888-327-0671 (رقم هاتف الصم والبكم: 711).



Women's Health



McLarenHealthPlan.org

Important Tests for Women

Women should be proactive in taking care of themselves. There are important screening tests that women should regularly have, including:

Mammogram

Women age 50 and older should have a mammogram every year. Doctors believe that early detection of breast cancer can save many lives. Check with your doctor to see what age and how often you should have a mammogram.

Pap Screening

All women should have a Pap screening at age 21. It is very important to continue this testing at least every three years. This Pap screening can detect cervical cancer. The screening can also detect chlamydia and other sexually transmitted diseases. If you are sexually active, discuss your screening needs with your doctor.

Mammograms & Pap Screenings are covered for McLaren Health Plan Members!

Do you suffer from Asthma, Diabetes, Obesity or High Blood Pressure?

McLaren Health Plan offers many outreach programs for these types of chronic diseases.

Call (888) 327-0671 for information!

Contraceptives

If you are sexually active, contraceptives should always be used to help avoid unplanned pregnancy. Talk to your doctor about which contraceptive choices are best for you. Contraceptives are covered 100% by McLaren Health Plan and include:

- Birth control pills
- Hormone patches
- Diaphragms
- Injections (“Depo” shot)
- Condoms (male and female)
- Spermicide
- Vaginal ring
- Implants
- Permanent sterilization is also available when certain requirements are met

Make sure to talk to your doctor about the proper use of the contraceptive that is right for you.

A Common Curable Disease

Chlamydia is one of the most common diseases in the U.S. that can be passed on through sex. The infection may not cause any symptoms.

If you are between the ages of 16-24 and are sexually active, ask your doctor if you should have a urine test or a Pap screening for Chlamydia. Chlamydia is easily treated.

Ask your doctor for the test today!

Quit Smoking!

Medicaid Members may call **800-QUIT-NOW (784-8669)** to be enrolled in a smoking cessation program.



Women Live Healthy!

Get the latest tips on a wide variety of women’s health topics such as birth control, menopause, adult vaccines, infertility and much more.

Visit www.WebMD.com/women

Taking Care of Yourself and Baby During Pregnancy

Pregnancy is an exciting and stressful time in a woman’s life. To keep you and your baby healthy during and after pregnancy, remember these things:

- Take folic acid before and during pregnancy to help prevent birth defects
- A flu shot is the best protection for mother and baby from illness
- Quit smoking and do not drink alcohol
- Check with your physician to make sure you can take your current medications while pregnant
- Go to all of your prenatal visits — these are very important to track the health of you and your baby

If you are pregnant, please contact McLaren Health Plan at (888) 327-0671.

You can speak to a nurse to enroll in our “McLaren Moms” program.