

Women's Health

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

Mammogram

Women aged 40 – 74 should have a mammogram every other 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 as your doctor recommends. This test can detect cervical cancer. The screening can also detect chlamydia and other sexually transmitted infections. If you are sexually active, discuss your screening needs with your doctor.

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

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 among others:

- Birth Control Pills
- Hormone patches

(See back for more information.)



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CONTACT US

At McLaren Health Plan, we strive to provide you with the best service possible. We are here for you!

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For questions about this program, contact Customer Service TFN at 888-327-0671 (TTY: 711).

Contraceptives (cont.)

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 a common disease passed by sex. It can cause permanent damage to a woman's reproductive system. If you are younger than 24 and sexually active ask your doctor if you should be tested.

Pregnancy

If you are pregnant, McLaren Health Plan (MHP) wants you to join the "McLaren Miracles" program. This is a FREE program and includes educational mailings and contacts from your MHP nurse. Please contact MHP at 888-327-0671, let us know that you are pregnant and ask to speak with your nurse.