




## Putting you and your health first.

Women today have many responsibilities in their life. Their career, raising a family, and running a household are just some of women's many roles. Taking care of themselves, and especially their health, is often put on the bottom of the list.

At McLaren Health Plan (MHP), we want to make you and your health a top priority. Take a moment to read about a few programs we have at MHP that can help you lead a healthier life.

If you can't take a moment to put your health first, who will?

### DID YOU KNOW?

The more you know about women's health issues, the healthier life you can lead. Look for this symbol throughout our newsletter: 

Next to it you will find quick tips, ideas, and information that can help you in leading a healthier life.

## McLaren Health Plan is here for YOU!

If you have any questions about the information in this newsletter, or need help making an appointment, please contact McLaren Health Plan:

(888) 327-0671 [www.mclarenhealthplan.org](http://www.mclarenhealthplan.org)



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# Women's Health

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If you don't take time for your health, who will?

Take a moment to put yourself first.



### Why should you get a Pap Test?

Women who get regular pap tests have a better chance to survive cervical cancer. A pap test is recommended for women if they are sexually active, or starting at age 18, whichever comes first.

### HPV - Human Papillomavirus

HPV is a common virus spread through genital contact. There are four types of HPV that cause most cervical cancers & genital warts. Most people with HPV do not know they are infected.

There is a new shot that can help protect young women from this disease. A series of three shots are given over a six month period. If you or your child is between the ages of 13 to 26, it is important to consider getting this series of shots. Talk to you health care provider to learn more about HPV or this new shot.



McLaren Health Plan does NOT require a referral for your annual OB/GYN Visit. MHP also pays for your Pap Test! Call and schedule your appointment today!

McLaren Health Plan pays for our members to have a mammogram!



### 3 Ways to Detect Breast Cancer Early

Women with no history of breast cancer or breast symptoms should still have 'Early Detection' breast exams. Many doctors believe that Early Detection exams can save many more lives.

The following Early Detection exams are recommended by the American Cancer Society:

#### Mammograms:

Women age 40 and older should have a mammogram every year. The annual mammogram should continue if the women remain in good health.

#### Clinical Breast Exams:

Women in their 20s & 30s should have a clinical breast exam during their regular health exam every three years. At age 40, women should have both a clinical breast exam and mammogram each year.

#### Breast Self-Exam:

Women in their 20s should do a breast self-exam (BSE) every month. Women who do a BSE regularly can notice changes in their breasts. If changes are found, women should schedule an appointment with **their doctor**.

Mammograms, Clinical Breast Exams, & Self-Exams can reduce women's risk of dying from breast cancer.

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Physical activity is highly recommended as a part of any weight-loss program. Being active will give you more energy and encourage other healthy habits!

### Tips for being Healthy & Fit!

Two thirds of adults and one in every three children are overweight or obese. The amount of people who are obese has also nearly doubled in the last 30 year. There are many things you can do on your own to begin living a healthier and more fit lifestyle!

- ◇ Reduce the amount of soda and juices with added sugar that you drink each day
- ◇ Reduce how much junk food you eat and instead, eat more fruits, vegetables, whole grains, & lean proteins
- ◇ Drink more water throughout the day
- ◇ Try not to watch more than two hours of TV per night and use extra time to do something active

