




Take Charge Stop Smoking

A 5-Day Countdown Program

- **5 days before you quit:** See your doctor for medication aids to help you quit 
- **4 days before you quit:** Think of other things to hold in your hand
- **3 days before you quit:** Think of what you will do with the extra money you save each day
- **2 days before you quit:** Tell your friends you plan to quit and stop buying cigarettes
- **1 day before you quit:** Put away lighters, ashtrays, and throw away matches
- **Quit day:** Keep busy and remind everyone that this is your "Quit Day"!

As a McLaren Health Plan member, you are entitled to a **FREE** *Stop Smoking Program*. Call (866) 800-0135 to enroll today!

Name
Address
City, State, Zip



If you have any questions about the information in this newsletter, or need help making an appointment for a cancer screening, please contact McLaren Health Plan at: (888) 327-0671.

McLAREN HEALTH PLAN

A McLAREN HEALTH SERVICE

Women's Newsletter Spring 2009

"Taking Care of You"



(888) 327-0671
www.mclarenhealthplan.org

Just For Women - Healthy Basics

Breast Cancer Screening

Women need regular mammograms to look for changes in the breasts or for cancer. A mammogram is an x-ray of the breast. If you are age **40** or older, talk to your doctor about a mammogram. All women age 40 or older should have one every 1-2 years.



If you have not had a mammogram in the past two years, get one as soon as you can. Mammograms do not prevent cancer, but they can save lives by finding breast cancer early. Finding cancer early can increase your chances of survival.

McLaren Health Plan pays for its members to have a mammogram and can help you get a ride to this screening.

Are You Pregnant?

If you are pregnant or when you become pregnant, please contact McLaren Health Plan at (888) 327-0671 and speak with Cecelia or Kay to enroll in our Early Care/Healthy Family program. It's FREE and has a lot of information for you and your baby!



Why Do I Need A Pap Test?

A pap test is a way to look at cells taken from the lower, narrow end of the uterus. The test is quick and painless and it can be done in a doctor's office. Women who get regular pap tests have a better chance to survive cervical cancer. You should get a pap test if you are sexually active or by age 18, whichever comes first. Talk to your doctor about when you should get a pap test. Most women have a pap test every 1-3 years.

McLaren Health Plan pays for its members to have a Pap test and can also help you get a ride to your appointment with your doctor or an OB/GYN

Human Papillomavirus (HPV)

Genital HPV is a common virus that is passed on through genital contact, most often during sex. There are four types of HPV that cause most cervical cancers and genital warts. Most people with HPV do not know they are infected. The good news is 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 have a daughter 11 or 12 years of age, it is important that she get this shot. It is also recommended for girls and women age 13 through 26 who have not yet received the shot or finished the series of shots.

Heart Disease in Women

Did you know that women die from heart disease more than any other disease?

Here are some tips to lower your risk of heart disease:

1. **Family History:** Find out if heart disease runs in your family
2. **Regular Doctor Visits:** See your doctor often and get your blood pressure checked
3. **Eat Right:** Eat healthy foods like vegetables and fruit everyday
4. **Keep a Healthy Weight:** Being overweight puts you at a higher risk for many diseases
5. **Stop Smoking:** Smoking and breathing secondhand smoke can cause heart disease
6. **Stay Physically Active:** Exercise can improve your overall health

Plan First

Did you know there is a program where you can get family planning services even if you lose your Medicaid benefit? Family Planning helps you decide when to have a baby and helps you and your baby stay healthy. You can find out more about **Plan First** by calling (800) 642-3195 or visit the website at www.michigan.gov/mdch