Well-Woman Visits
Schedule your well-woman visit at least once a year. Ask your health care provider about the preventive services that are right for you.

Breast Cancer Screening
Average-risk women should get a mammogram at least every 2 years starting at age 40, but no later than age 50.

Breastfeeding Support and Supplies
Get what you need to breastfeed successfully: counseling, education, breast pump, and supplies.

Cervical Cancer Screening
Depending on your age, the Pap test and/or screening for human papillomavirus (HPV) may be recommended. Ask your health care professional how often you should be screened.

Birth Control Counseling
Birth control is available under most insurance plans. Talk with your health care provider about options that work for your lifestyle.

Gestational Diabetes (GD) Screening
If you are pregnant, your blood sugar level should be measured between 24 weeks and 28 weeks of pregnancy. If you have GD, you will need more frequent prenatal visits to monitor your health and your fetus’s health.

Human Immunodeficiency Virus (HIV) Screening
Screening is essential to HIV prevention, treatment, and care.

Interpersonal and Domestic Violence Screening
Your health provider’s office is a safe place to talk and get connected to services and support.

Sexually Transmitted Infections (STI) Counseling
Counseling is available for preventing STIs.

Urinary Incontinence Screening
Talk with your health care professional if you leak urine. Incontinence can affect your quality of life, but treatments are available.

Type 2 Diabetes after Pregnancy
If you had gestational diabetes, you should have a blood test 4–12 weeks after you give birth. If your blood sugar is normal, you will need to be tested for diabetes every 1–3 years.