

## Well-woman checkup

### What is a well-woman checkup?

This is a yearly checkup with your Primary Care Provider (PCP) or OB/GYN. During this checkup, your provider:

- Does a Pap test (Pap smear) to check for cervical cancer
- Does a breast exam to check for breast cancer
- Does a test for Chlamydia, a sexually transmitted disease many women don't even know they have

### Why should I get a well-woman checkup?

- Some serious health problems – such as cancer – may not have any symptoms
- The checkup can find problems before they become serious
- If you catch problems early, there's a better chance to cure them

### Who should get a well-woman checkup?

- Women who are sexually active
- Women over the age of 21

### How do I get a well-woman checkup?

- Call your PCP.
- Find an OB/GYN in your area. You can use the "Find a Provider" tab on the Missouri Care website or call Missouri Care at **1-800 322-6027**.
- Call your local Public Health Agency to see if they offer well-woman checkups.

A woman's health can change quickly. That's why it's important to **schedule a well-woman checkup each year!** Use the form to keep track of your next well-woman checkup.

### Need more help?

Call Customer Service at **1-800-322-6027**.

[www.missouricare.com](http://www.missouricare.com)

Date _____
Time _____
Provider name _____
Provider phone _____
Provider address _____ _____ _____

