



# WEST SUBURBAN WOMEN'S HEALTH

## WHAT TO EXPECT AT YOUR ANNUAL WELL-WOMAN VISIT

The annual well-woman exam is an essential part of your ongoing health maintenance. Most health insurance companies will cover most, if not all, of the charges associated with this type of visit with little or no co-pay on your part.

### What is normally considered to be part of an annual well-woman exam:

Overall Assessment of:

- Health Status
- Menstrual/contraceptive status
- Physical Activity
- Sexual practices
- The need for periodic health Screening (e.g., Pap test, cholesterol, mammograms)
- Discussion of specialty-appropriate medication refills

A gynecologic physical exam including:

- Height/Weight/BMI
- Abdominal Exam
- Breast Exam
- Pelvic Exam
- Blood Pressure
- Heart and Lung Evaluation

Other tests/exams that may be performed, lab charges will apply:

- Vaccinations for Hepatitis A&B and Human Papillomavirus (HPV)
- Chlamydia and Gonorrhea
- HIV testing for sexually active adolescents and women

American Society for Colposcopy and Cervical Pathology (ASCCP) Guidelines for Pap testing:

- Pap testing only: Once every 3 years
- Pap testing and HPV testing: Once every 5 years
- If you desire/request a pap testing outside of these recommended guidelines, you may receive a bill from the processing lab.

### Important Note:

**THE INTENT OF THE WELL-WOMAN VISIT IS FOR ROUTINE HEALTH MAINTENANCE WITH THE ASSUMPTION THAT YOU DO NOT HAVE SPECIFIC MEDICAL PROBLEMS OR CONDITIONS.**

*If you discuss a problem-oriented issue with your provider (e.g., **back pain, sleeping problems, anxiety, depression, abnormal bleeding, menopausal symptoms**), you or your insurance may be billed separately and in addition to your well-woman visit since problem-oriented visits usually necessitate a separate office visit. In this case, your insurance company may apply a co-pay and/or deductible responsibility for the problem-oriented portion of your visit.*

Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Patient Signature: \_\_\_\_\_

Today's Date: \_\_\_\_/\_\_\_\_/\_\_\_\_