**EMAIL #1 (GENERAL)**

**Stay steady through life’s demands**Life takes women in many directions, and preventive care can help you stay steady through it all. Women’s health screenings are like guideposts on your journey, catching issues early, giving peace of mind and keeping health on track.

**Key screenings for women**

**Cervical:** Pap and HPV tests between ages 21 – 65

**Breast:** Mammograms starting at age 40

**General:** Blood pressure yearly; cholesterol starting at 45 (earlier if at risk); colorectal screening starting at 45

Even between appointments, your body gives you signals worth noticing. Talk with your doctor if you experience:

* Abnormal bleeding or unusual discharge
* A new lump or change in the size or shape of your breast
* Fatigue, shortness of breath or unusual chest, neck or jaw pain
* Persistent bloating, migraines or changes in digestion

These signs don’t always mean something serious, but they are reminders to start the conversation. [See what preventive screenings you may be due for](https://www.bcbsnd.com/members/health-well-being/preventive-care) and visit BCBSND.me for care options, tools and support.

**EMAIL #2 (SCREENING & EARLY DETECTION)**

**Stay on course with women’s health screenings**

When you feel healthy, it’s easy to put off certain conversations with your doctor. But your preventive screenings are an important way to protect your health, no matter how busy life gets. These screenings are designed to help you catch problems early and give you confidence to move forward.

* **Cervical:** Pap and HPV tests between ages 21 – 65
* **Breast:** Mammograms starting at age 40
* **General:** Blood pressure, cholesterol and colorectal screenings

Talk with your doctor and remember, with most BCBSND plans, women’s health screenings are part of preventive care. [See what preventive screenings you may be due for](https://www.bcbsnd.com/members/health-well-being/preventive-care) and visit BCBSND.me for care options, tools and support.