

# ANNUAL WELL WOMAN EXAM

Your appointment today is scheduled as a preventative care visit for a well woman. The focus of this visit is for routine screening with the exam elements noted below as pertinent to your care.

## VITAL SIGNS

Vital signs include weight, blood pressure and body mass index. Ideal body mass index is discussed.

## BREAST EXAM

Clinically indicated for women over 40 annually. This includes visual exam of both breasts and a manual exam of your breasts, underarms and the area underneath your clavicle (breastbone) for changes or abnormalities. Teaching for breast self-awareness and risk factors for breast disease are discussed.

## PELVIC EXAM

Includes examination of the external genitalia, speculum exam of vagina and cervix and internal exam of uterus, cervix and adnexa (bimanual). When indicated, a rectovaginal may also be performed.

## CANCER SCREENING

Learn more about breast cancer, cervical cancer or other types of gynecological cancers.

## SEXUALLY TRANSMITTED INFECTIONS SCREENING

Sexually transmitted infections (STI's) such as chlamydia, gonorrhea, and genital herpes are infections that are spread by sexual contact.

## HEALTH MAINTENANCE

Learn what prevention measures are recommended. Screening and immunizations based on age and risk factors.

## HEALTHY LIFESTYLE COUNSELING

Counseling and risk factor reduction interventions to minimize health risks.

## CONTRACEPTION

Learn about choosing the right birth control method for you. Some examples include the birth control pill, intrauterine device (IUD), patch, condom or implant.

## PRECONCEPTION COUNSELING

If you are planning to become pregnant, it is a good idea to have preconception counseling.

You may have concerns outside of routine screening that require additional time and medical management. As per insurance rules, your physician is required to document any problems, recommendations or treatments provided, and this may generate additional insurance charges that will be subject to a co-pay or deductible portions. Please feel free to make a separate appointment for any significant issues so your physician can have the time available to provide you with the best care for these concerns.