



# Got Health Insurance



# Get Your Money's Worth

## Make 2019 the year you take charge of your health!

Get hundreds of dollars' worth of preventive health services for FREE with your health plan.



### Free preventive services include:

- Check-ups at your doctor's office
- Cholesterol test
- Tests for Sexually Transmitted Diseases/Infections (STDs/STIs)
- HIV test
- Pap test
- Birth control and contraceptive counseling
- Breastfeeding counseling and breast pump
- Mammograms (after age 40)
- Flu shots
- Other vaccines
- Help quitting smoking

And MORE! Visit: [www.healthcare.gov/preventive-care-adults/](http://www.healthcare.gov/preventive-care-adults/) to see the full list.



To get free preventive services, make sure to choose a provider who is "in network" with your health plan.



Wisconsin Alliance for  
**Women's Health**  
[www.supportwomenshealth.org](http://www.supportwomenshealth.org)