



Got Health Insurance



Get Your Money's Worth

Make 2020 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/ 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