

Information You Need to Take Good Care of You



**Recommended
Preventive Care
Guidelines for
Women Ages 40+**

We want you to knowSM



www.aetna.com

Dear Member:

Thank you for choosing Aetna to provide your health care coverage. Aetna is committed to providing you with useful information to help you take an active role in the management of your health.

For your convenience, we've enclosed important health information and a preventive care checklist/wallet card, based on clinical recommendations from the American Cancer Society and other national organizations. We think you will find these helpful for keeping up to date with your annual preventive care screenings. If you have any questions about this information, please talk to your doctor.

Sincerely,

A handwritten signature in black ink, appearing to read "Cha M Cutler". The signature is fluid and cursive, with a stylized "C" and "M".

Charles Cutler, M.D.
National Medical Director
National Quality Management

Women Ages 40+ Take Good Care Tip: Schedule your annual mammogram and regular gynecological exam and Pap smear.



At Aetna, we're working hard every day to help you stay healthy. Like most women today, your life probably revolves around your many commitments, which may include your job and taking care of your family. In addition to all of your other commitments, it's important to remember to take care of you.

The good news is that taking care of you requires only a few simple steps — steps that can have a positive effect on your health and well-being today and for years to come.

One of the most important things you can do is to schedule and keep your appointments for preventive care tests, like your annual mammogram, Gyn exam and Pap smear. These tests can help find any medical conditions early, when they are most treatable.

For your convenience, we've enclosed a chart of recommended preventive care guidelines for women in your age group, as well as a handy tear-off wallet card you can use to schedule and track this important information. It's just another way we're helping you **take good care of you.**

Please talk to your doctor if you have any questions about this information.

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Do you know what you should be doing to take good care of you?

Below is information about lifestyle changes and important steps you can take to help prevent some of the most common health issues facing women today.

Know the signs of heart disease and stroke in women.

Symptoms of a heart attack can be different in women than they are in men, and not everyone gets all of the warning signs of a heart attack. Sometimes these signs can go away and return. Since treatments are most effective within one hour of an attack, it pays to know the warning signs:

Signs¹ of heart attack include:

- Chest discomfort or pressure, fullness, squeezing or pain in the center of the chest that lasts longer than a few minutes, or comes and goes.
- Spreading pain to one or both arms, back, jaw or stomach.
- Cold sweats and nausea.
- Women are somewhat more likely than men to have warning signs not typically associated with heart attack, including shortness of breath, nausea, vomiting, and back or jaw pain.

Symptoms of a stroke include:

- Sudden weakness or numbness on one side of the body — usually the face, arm or leg.
- Sudden dimness or loss of vision, particularly in one eye.
- Loss of speech or trouble talking.
- Sudden, severe headaches with no known cause.
- Unexplained dizziness, unsteadiness or sudden falls.

Not all of these symptoms occur during a stroke. But any one of them is serious enough to seek immediate help.

If you have any of these symptoms, call 911 right away or go to your nearest emergency room.

Take Good Care of You Steps:

- **If you smoke, quit.** Talk to your doctor if you need help quitting. (See more recommendations below.)
- **Read nutrition labels.** Cut back on foods high in saturated fat and cholesterol.
- **Visit your doctor regularly,** and check your blood pressure, cholesterol, blood sugar levels and body mass index (BMI).^{*} Work with your doctor to get and keep them under control.
- **Get some form of physical activity** for at least 30 minutes a day, every day. Check with your doctor before beginning any formal exercise program.
- **Get to and maintain a healthy weight,** with a target body mass index (BMI) of less than 25.^{*}

^{*}To calculate your BMI, divide your weight (in pounds) by your height (in inches squared), then multiply that number by 703 (weight in pounds ÷ (height in inches x height in inches) x 703). You may also visit the Aetna IntelliHealth website and use the Body Mass Index calculator at www.intelihealth.com/bmi. A BMI of 25 to 29.9 is considered overweight, and 30 or above is considered obese.

¹Source: U.S. Department of Health and Human Services, Office on Women's Health, 12/03; <http://www.4woman.gov/faq/heartdis.htm#2>.



Symptoms of a heart attack can be different in women than they are in men, and not everyone gets all of the warning signs of a heart attack.

Avoid tobacco smoke.

Lung cancer is the number one cause of cancer deaths in women.² Though it's not easy to beat a nicotine addiction, committing to and quitting smoking will significantly reduce your risk for this deadly disease.

Take Good Care of You Steps:

- **If you smoke, quit!** Talk to your doctor if you need help quitting.
- Avoid places with a high amount of cigarette smoke.
- Visit the Aetna IntelliHealthSM *Smoking Cessation* area available through the www.aetna.com website or directly at www.intelihealth.com/smokingcessation.

Get your annual mammogram.

Breast cancer is the second leading cause of cancer deaths in women, after lung cancer.³ Monthly breast self-exams, annual clinical breast exams and mammograms can help detect any changes in the breast, giving you the best chance for successful treatment of breast cancer.

Take Good Care of You Steps:

- Get your annual mammogram faithfully, every year.
- Practice monthly breast self-examination. Visit Aetna IntelliHealth at www.intelihealth.com/breastexam for more information about how to perform this exam.
- Have a clinical breast exam by your physician or health care professional. This is usually done during your annual Gyn exam.

²Source: The American Cancer Society, 12/03; http://www.cancer.org/docroot/CRI/content/CRI_2_4_1X_What_are_the_key_statistics_for_lung_cancer_26.asp?nav=crl.

³Source: The American Cancer Society, 12/03; http://www.cancer.org/docroot/CRI/content/CRI_2_4_1X_What_are_the_key_statistics_for_breast_cancer_5.asp?nav=crl.

If you are over age 50 or at increased risk due to family history, have regular screenings for colorectal cancer.

Though colorectal cancer is the third leading cause of cancer deaths in women, it is fully curable if detected early.⁴

Take Good Care of You Steps:

- Have regular colorectal cancer screenings.
- Exercise regularly.
- Eat a diet low in fat and high in fruits, vegetables and whole-grain foods.

Cervical cancer can often be cured, if found and treated early.

The most important risk factor for cervical cancer is infection with HPV (human papillomavirus). A simple, annual test for cervical cancer, called a Pap smear or Pap test, can find HPV infection and pre-cancer early, when it is most treatable. Between 60 and 80 percent of women with cervical cancer have not had a Pap test in the past five years. Many never had the test at all.⁵

Take Good Care of You Steps:

- Have a Pap smear every year (or every one to three years after three consecutive years of normal results) or HPV DNA test plus a Pap smear every three years if results of both tests are negative. Talk to your doctor about this recommendation.
- Get an annual gynecological exam regardless of how often you undergo a Pap smear.

⁴ Source: The American Cancer Society, 12/03; [www.cancer.org](http://www.cancer.org/docroot/CRI/content/CRI_2_2_1X_How_Many_People_Get_Colorectal_Cancer.asp?nav=cri);
http://www.cancer.org/docroot/CRI/content/CRI_2_2_1X_How_Many_People_Get_Colorectal_Cancer.asp?nav=cri;
http://www.cancer.org/docroot/CRI/content/CRI_2_2_2X_Can_colorectal_cancer_be_prevented.asp?nav=cri.

What's new in cervical cancer screening?

The FDA recently approved a combination Pap smear and human papillomavirus (HPV) DNA test for primary cervical cancer screening in women age 30 and older. If this combination is used, women who receive negative results on both tests do not need to be re-tested more often than every three years.⁵

Talk to your doctor to see if this type of cervical cancer screening is right for you.

⁵Source: American Cancer Society, 12/03; http://www.cancer.org/docroot/CRI/content/CRI_2_2_2X_What_causes_cancer_of_the_cervix_Can_it_be_prevented_8.asp?nav=cri.

Know your risk factors for diabetes. If you are age 45 or over, have your blood sugar level checked every 3 years.

Of the approximately 17 million Americans with diabetes, 5.9 million do not know they have the disease. Overall, the risk of death for people with diabetes is about two times that of people without diabetes, so it pays to know your risk factors. Diabetes can cause serious health problems, including heart disease, blindness and kidney failure.

The good news is that studies have shown that people with pre-diabetes (blood sugar levels that are higher than normal but not high enough to be diagnosed as diabetes) can prevent the development of type 2 diabetes by making changes in their diet and increasing their level of physical activity. They may even be able to return their blood sugar levels to the normal range.⁶

Take Good Care of You Steps:

- **Have your blood sugar level checked** every 3 years.
- **Eat a healthy diet.** Speak to your doctor about making changes in your diet.
- **Increase physical activity.** Even a minor increase in activity can make a difference.
- **Get to and maintain a healthy weight**, with a target body mass index (BMI) of less than 25.



Protect yourself from family violence.

Domestic violence affects women of all racial, cultural and economic backgrounds. It is a leading cause of injury for American women between the ages of 15 and 54, but it can happen at any age.

Acts of violence have terrible and costly results for everyone involved. Violence can take several forms, including domestic or intimate partner violence, sexual assault and abuse, dating violence, and elder abuse.⁷

Take Good Care of You Steps:

If you are a victim of violence at the hands of someone you know or love, or you are recovering from an assault by a stranger, you are not alone.

To get immediate help and support, call The National Domestic Violence Hotline* at: 1-800-799-SAFE (7233) or 1-800-787-3224 (TDD).

*This information is provided for your convenience and does not imply endorsement by Aetna Inc. or its subsidiary companies of any services or information obtained by calling the telephone number provided.

⁶ Source: The American Diabetes Association, 12/03; http://www.diabetes.org/info/facts/facts_natl.jsp.

⁷ U.S. Department of Health and Human Services, National Women's Health Information Center, 12/03; <http://www.4woman.gov/minority/violence.htm>.

RECOMMENDED PREVENTIVE CARE⁸ FOR WOMEN AGES 40+*

NAME OF TEST	HOW OFTEN FOR MOST WOMEN?
Blood Pressure	Every 1 – 2 years
Blood Sugar Test	Starting at age 45, and then every 3 years.
Bone Mineral Density Test	Talk with your doctor about what's right for you.
Height/Weight and Body Mass Index (BMI)	Periodically
Breast Exam	Every year by a health care provider and monthly breast self-exam. www.intelihealth.com/breastexam .
Mammogram	Every year
Colorectal Cancer Screening	Fecal occult blood test annually; flexible sigmoidoscopy every 5 years OR colonoscopy every 10 years OR double contrast barium enema every 5 – 10 years.
Cholesterol Test	Every 5 years
Pap Smear	Annually (or every 1 to 3 years, after 3 consecutive normal results) OR HPV DNA test plus a Pap smear every 3 years if results of both tests are negative. Talk to your doctor about this recommendation.
Gynecological Exam	Annually regardless of how often you undergo a Pap smear.
Sexually Transmitted Diseases (STDs)	Discuss testing with your doctor if you have more than one sexual partner, a partner with more than one sexual partner, a history of STDs or sexual contact with a person with an STD.
Skin (Mole) Exam	Monthly mole self-exam, and every year by a health care professional.

*If you have health problems, speak to your doctor about additional recommendations and screening tests.

⁸U.S. Department of Health and Human Services, Office on Women's Health, 12/03;
<http://www.4woman.gov/screeningcharts/general.htm>.

**Talk to your health
care professional
about your personal
preventive care
schedule.**



TIPS FOR HEALTHY LIVING

- If you smoke, quit!
- Eat a healthy diet.
- Get to and maintain a healthy weight.
- Be physically active.
- Limit your alcoholic beverages.
- Take all medications as directed by your doctor.

Helpful website: www.aetna.com

Preventive care recommendations for women ages 40+ (those at average risk)

- **Blood Pressure:** Every 1 to 2 years.
- **Diabetes Blood Sugar Test:** Once starting at age 45 years, then every 3 years.
- **Bone Mineral Density Test:** Talk to your doctor about what is right for you.
- **Weight/BMI:** Periodically.

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- **Breast Exam:** Every year by a health care professional, monthly breast self-exam.
- **Mammogram:** Every year starting at age 40.
- **Colorectal Screening:** Starting at age 50, annual fecal occult blood test; flexible sigmoidoscopy every 5 years OR colonoscopy every 10 years OR double contrast barium enema every 5 – 10 years.
- **Cholesterol:** Every 5 years starting at age 45.
- **Pap Smear:** Annually (or every 1 to 3 years, after 3 consecutive normal results) OR HPV DNA test plus a Pap smear every 3 years if results of both tests are negative. Talk to your doctor about this recommendation.
- **Gynecological Exam:** Annually regardless of how often you undergo a Pap smear.
- **STDs:** Discuss testing with your doctor if you have had more than one sexual partner, a partner with more than one sexual partner, a history of STDs or sexual contact with a person with an STD.
- **Skin (Mole) Exam:** Monthly mole self-exam, and every year by a health care professional.

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Taking Care of Your Health

YOUR NAME

YOUR MEMBER ID NUMBER

YOUR DOCTOR'S NAME

YOUR DOCTOR'S PHONE NUMBER

To print additional copies of this card, go to:
www.aetna.com/products/health_check.html.



How to Use This Wallet Card

- **Tear off the card at the perforation.**
- **Fold the card into thirds on the dotted lines so that your name is on the outside** and the place to record your screening dates and results is on the inside. The card should fit easily in your wallet.

- **Together with your doctor,** determine how often you should have each screening test and record this information on the card.
- Each time you have a screening test, **record the date and results on your card.**

Use the attached wallet card to track how often you should receive these preventive care tests. Record the dates and outcomes of your tests in the spaces provided.

To print additional copies of this card, go to: www.aetna.com/products/health_check.html.

TEST OR EXAM	HOW OFTEN	DATE/RESULTS					DATE/RESULTS					DATE/RESULTS		
Blood Pressure														
Blood Sugar Test														
Bone Density														
Height/Weight/BMI														
Breast Exam by health care provider														
Breast Self-Exam (BSE)	Monthly	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
Cholesterol														
■ LDL														
■ HDL														
■ Triglycerides														
Colorectal Screening														
Mammogram														
Pap Smear														
Gynecological Exam														
STD Testing														
Skin (Mole) Test														

The chart on the previous page shows recommended preventive screening tests and exams for women who are at average risk. Some women may require more frequent testing due to risk factors such as personal or family history. **Ask your doctor how often you need each test or exam, and write this information on this card.** Every time you have a test, write the date and results in the space provided. This will help you to keep track of when you need your next test or exam. **Be sure to bring this card with you to each office visit.**

Aetna Navigator™

Visit Aetna's member website at **www.aetna.com**. See your claims details, who is covered, network providers, send an online message to Aetna Member Services and more, **24 hours a day, 7 days a week**.

Aetna Member Services

If you don't have access to the Internet, call the toll-free number on your member ID card to perform self-service transactions or speak to a customer service professional.

Aetna Informed Health® Line

Call the **24-hour toll-free Informed Health Line at 1-800-556-1555** to get information from registered nurses on a variety of health topics.

Aetna Women's Health

For more information on women's health, visit **<http://womenshealth.aetna.com>**.

Aetna IntelliHealthSM

For a wealth of health information, visit Aetna IntelliHealth, our award-winning Internet site (**www.intelihealth.com**).

Interested in learning more about advances in patient safety?

The Leapfrog Group advocates patient safety practices that reduce preventable medical mistakes. Select "Hospital Survey Results" at **www.leapfroggroup.org** to see patient safety results for your area. The Leapfrog Group is a consortium of Fortune 500 companies and public and private health care purchasers that recognizes and rewards hospitals that adopt certain safety initiatives.

The checklists and information included in this brochure are recommendations only. It is important that you and your physician work closely together to create a specific care plan that addresses your individual health care needs.

We hope you find this information useful, and encourage you to TAKE GOOD CARE OF YOU!



At Aetna, we're
working hard
every day to help
you stay healthy.

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