



Preventive Health Care for Women



Health insurance plans available from My Arkansas Insurance offer free preventive coverage for a comprehensive set of benefits. Specific benefits for women include:

1. **Breast cancer genetic test counseling (BRCA)** for women at higher risk
2. **Breast cancer mammography screenings** every 1 to 2 years for women over 40
3. **Breast cancer chemoprevention counseling** for women at higher risk
4. **Cervical cancer screening** for sexually active women
5. **Chlamydia infection screening** for younger women and other women at higher risk
6. **Domestic and interpersonal violence screening and counseling** for all women
7. **Gonorrhea screening** for all women at higher risk
8. **HIV screening and counseling** for sexually active women
9. **Human Papillomavirus (HPV) DNA test** every 3 years for women with normal cytology results who are 30 or older
10. **Osteoporosis screening** for women over age 60 depending on risk factors
11. **Rh incompatibility screening** follow-up testing for women at higher risk
12. **Sexually transmitted infections counseling** for sexually active women
13. **Syphilis screening** for women at increased risk
14. **Tobacco use screening and interventions**
15. **Well-woman visits** to get recommended services for women under 65

Another key component of women's reproductive health is access to contraception. The following FDA-approved contraceptive methods prescribed by a woman's doctor are covered under plans for free.

1. **Barrier methods** like diaphragms and sponges
2. **Hormonal methods** like birth control pills and vaginal rings
3. **Implanted devices** like intrauterine devices (IUDs)
4. **Emergency contraception**
5. **Sterilization procedures**
6. **Patient education and counseling**

WHERE CAN I FIND HELP TO ENROLL?

- **Online** – Visit myARinsurance.com for more information
- **In Person** – Visit myARinsurance.com to find help near you
- **By Phone** – Call 844-355-3262, Monday – Friday, 8 a.m. – 4:30 p.m.

