



# READY. SET. SCREEN.

Be Well. Be You.

## The Power of Prevention: Prioritizing Women's Health at Clorox

Getting your annual physical or well visit completed, staying on top of recommended routine screenings, and seeing your Primary Care Provider (PCP) regularly are all important ways to help you keep your health in check.

Clorox is here to help you be well and thrive in every way. Use this quick resource guide the next time you schedule a visit with your PCP to ensure you are advocating for your health and getting the most out of each visit.

### Build a positive relationship with a PCP

Remember, in-network annual preventive care (i.e., your annual physical or well visit) is covered at no cost to you. Schedule an appointment with your PCP to determine which screenings\* are right for you and let them help you get one on the calendar. Here is a checklist of actions you can take to make the most out of every visit with your PCP.

Before your visit	<ul style="list-style-type: none"><li><input type="checkbox"/> <b>Research.</b> Learn your family health history and be prepared to share it with your PCP.</li><li><input type="checkbox"/> <b>Write.</b> Make a list and prioritize your concerns.</li><li><input type="checkbox"/> <b>Request.</b> If an interpreter is needed, request to have one present during your visit.</li></ul>
During your visit	<ul style="list-style-type: none"><li><input type="checkbox"/> <b>Share.</b> In addition to sharing your family history, be prepared to provide a list of your current medications and supplements.</li><li><input type="checkbox"/> <b>Advocate.</b> Your PCP may suggest making changes or modifications to your lifestyle. Advocate for yourself – set reasonable expectations regarding what you can/cannot do.</li><li><input type="checkbox"/> <b>Trust.</b> Your PCP is there to help and listen. Be open and honest about your health (both physical and mental). Don't be reluctant to talk about mental and sexual health – these are important topics that your PCP wants/needs to hear about.</li></ul>
After your visit	<ul style="list-style-type: none"><li><input type="checkbox"/> <b>Understand.</b> Review primary take-aways with your PCP or their nurse team prior to leaving.</li><li><input type="checkbox"/> <b>Follow Up.</b> Ensure you are clear on follow-up guidance prior to leaving the office. Reconnect with your PCP care team as needed to complete all recommended next steps.</li><li><input type="checkbox"/> <b>Family.</b> Talk to your spouse or family member about getting support with implementing life changes.</li></ul>

\*See the chart on page 2 for age related screenings

Women Age 18–39	Women Age 40–49	Women Age 50+
<p><b>Cervical Cancer Screening</b> Starting at age 18, every 3 years</p> <p><b>Well-Woman Preventive Visit</b> Starting at age 18, recommended annually but screenings vary based on health risks</p>	<p><b>Breast Cancer Screening</b> Recommended beginning at age 40, every 1–2 years</p> <p><b>Cervical Cancer Screening</b> Recommended for women with a cervix, every 3 years</p> <p><b>Colorectal Cancer Screening</b> Recommended beginning at age 45, every 1–10 years; depends on type of screening</p> <p><b>Well-Woman Preventive Visit</b> Recommended annually, but screenings vary based on health risks</p>	<p><b>Breast Cancer Screening</b> Recommended, every 1–2 years</p> <p><b>Cervical Cancer Screening</b> Recommended, ranges from 3–5 years depending on risks for women 65+</p> <p><b>Colorectal Cancer Screening</b> Recommended, every 1–10 years; depends on type of screening</p> <p><b>Lung Cancer Screening</b> Recommended at age 50 with a current 20-year history or former smoker (quit in the last 15 years); every year</p> <p><b>Well-Woman Preventive Visit</b> Recommended annually, but screenings vary based on health risks</p>

### What else you can do for your health

While certain health risks—like your family history, ethnicity, and age—are beyond your control, there are many things you **can** do to limit your risk of illness or disease and improve your well-being, like:

 <b>Eat nutritious foods</b>	 <b>Decrease salt intake</b>	 <b>Increase physical activity</b>	 <b>Get outside*</b>
 <b>Avoid drug/alcohol abuse</b>	 <b>Get a good night's sleep</b>	 <b>Practice mindfulness</b>	 <b>Keep in touch with friends</b>
 <b>Get help early</b>	 <b>Monitor blood pressure and cholesterol</b>	 <b>Monitor blood sugar</b>	 <b>Get recommended screenings</b>
 <b>See your provider every year (or more often)!</b>			

For more information on all of the preventive care programs and resources available to you at Clorox, visit [cloroxbenefitsinfo.com](https://www.cloroxbenefitsinfo.com).