

NPM1: Well –Woman Visit



Utah Department of Health
Bureau of Maternal & Child Health

Goals

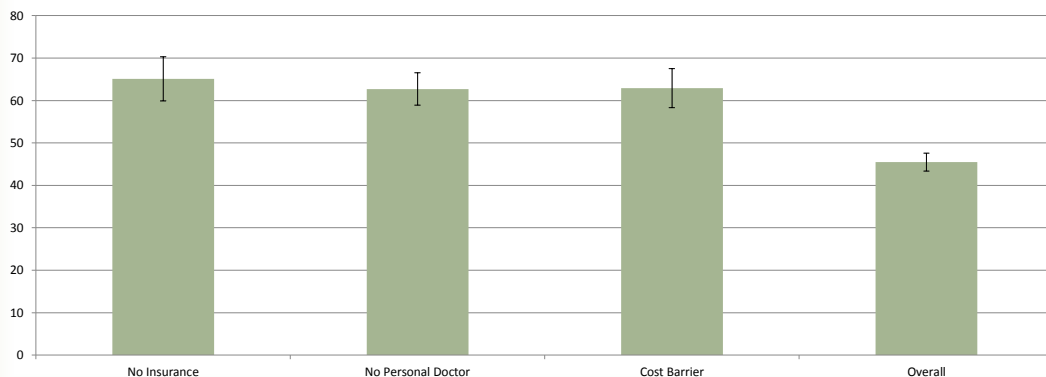


- ☞ Educate women on what a well-woman exam is and it's importance to her lifelong health
- ☞ Educate on the preventive services available to her, at no charge, under the ACA
- ☞ Encourage more women to schedule a well-woman exam
- ☞ Formative research to understand why certain populations are not getting a well-woman exam

Where We Are Now



Percentage of Women age 18-44 who DID NOT Receive a Routine Medical Checkup within the last year by Access to Healthcare Indicators - Utah BRFSS 2014



1.Social Media



<http://health.utah.gov/mihp/> (currently being redesigned to be more user friendly)



<http://poweryourlife.org/>



www.facebook.com/poweryourlifeutah/



<https://twitter.com/PowerYourLife2>



<https://www.pinterest.com/poweryourlifeutah/>



Are you getting the most from your health insurance?

Selected preventive services available for women without a co-payment

Health Promotion

- Intimate partner violence screening and prevention
- Help and support in quitting smoking
- Help and support in alcohol abuse
- Well-woman visits (preventive services, preconception care, and/or prenatal care)
- Immunizations (HPV, flu, measles, mumps and rubella, tetanus and whooping cough, chicken pox)

Chronic Diseases

- High Blood Pressure Screening
- Cholesterol Screenings
- Type 2 Diabetes Screening
- Depression Screening
- Obesity screening and management (for BMI greater than 30)

Cervical Cancer

- Pap testing (21+ w/cervix)
- HPV DNA Testing (30-65 w/normal pap results)

Reproductive Health

- Birth Control (hormonal, IUDs and sterilization procedures, patient education and counseling, services related to follow-up, management of side effects, and device removal)
- STD testing (chlamydia, gonorrhea, syphilis, HIV)
- STD and HIV counseling

Always talk to your health insurance provider for more information about what is covered under your plan. See www.healthcare.gov for more information.

Pregnancy

- Folic acid supplements
- Iron deficiency anemia screening
- Screenings (hepatitis B, chlamydia, gonorrhea, syphilis, bacteriuria)
- Gestational diabetes screening
- Pre-eclampsia preventive medicine
- Help in quitting tobacco use during pregnancy
- Help in quitting alcohol use during pregnancy
- Breastfeeding support (counseling, consultations with trained provider, equipment purchase/rental)

Source: <http://itf.org/health-101/fact-sheet/preventive-services-covered-by-private-health-plan/>

poveyourlife.org



HOW TO HAVE A HEALTHY PREGNANCY

You've decided to take the plunge into parenthood. But wait just a second - or a couple of months. To give yourself the best chance for a healthy pregnancy and a healthy baby, there are some important things you need to do before you head down the path to motherhood.



Schedule a preconception visit

It's best to meet with your doctor before getting pregnant to review your current health.



Take 400 mcg of folic acid every day

Start taking this vitamin before you conceive to reduce risk of birth defects.



Give up drinking, smoking and drugs (get help if you need it)



Create and follow an exercise program

Get at least 30 minutes of exercise on most days of the week.



Stock your fridge with health foods

Making healthier food choices now so your body will be stocked with the right nutrients for a healthy pregnancy.



Get to your healthy weight

Being at a healthy weight before you get pregnant may make it easier to get pregnant and ensure your pregnancy easier.



See your dentist

Having care of your teeth and gums before you get pregnant. Let's down on your chance of experiencing gum complications.



Use your birth control

Use your birth control to prevent pregnancy until you are ready to get pregnant.



Figure out when you evaluate

Knowing when you are fertile can increase your chances of conceiving.

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www.poveyourlife.org



2. Preconception Peer Educators Program



- ☞ Partnership between Westminster University, Utah Department of Health and the Office of Minority Health Resource Center
- ☞ Train college students as peer educators and healthy behavior advocates
 - ☞ “A Healthy Baby Begins With You” Curriculum
- ☞ Develop activities to reach our college-age population with targeted health messages, materials, activities and exercises emphasizing preconception health and health care
 - ☞ Health fairs, educational booth in student center with information about well-man and well-woman visits, QPR – Helping Suicidal Person training, etc.

3. Statewide Partnerships



- ☞ Establish and strengthen statewide partnerships
- ☞ Possible partners: Utah Birth Defects Network, Baby Your Baby, Check Your Health, Family Nurse Partnership, Home Visiting, Local Health Departments, Utah Women’s Health Coalition, Healthy Utah

Questions



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