

Your Good Health: Two Must-Take Tests for Women

Did You Know?

A diet rich in calcium strengthens the bones of women of any age, but women of different ages require different amounts of calcium. During the preteen and teen years when bones are still growing, the goal should be 1,300 mg of calcium a day. From age 19 to 50, women should aim for 1,000 mg a day. From age 51 on, they should have 1,200 mg daily to help prevent osteoporosis. Good sources of calcium include milk, yogurt, cheese, calcium-fortified juice and cereal, broccoli, tofu and canned salmon.



With all the roles and responsibilities women have, it's sometimes easy to get caught up in doing things for others and letting the things you need to do for yourself wait. When it comes to your health, though, there's no better time than now to take care of yourself.

Two important decisions you can make for your health are to have a Pap test and a mammogram. These tests can help detect cervical and breast cancer in their earliest, most treatable stage.

About The Pap Test

A Pap test has helped physicians find and successfully treat cervical cell changes in thousands of women before the abnormalities could become cervical cancer.

The test is a simple procedure in which your doctor gently removes a small sample of cells from your cervix. The sample is then examined under a microscope for any abnormalities.

An abnormal Pap test result does not necessarily mean that you have cancer. Other conditions, such as inflammation of the cervix, can cause an abnormal test result.

Women ages 19 to 64 who are sexually active and still have a cervix should have this important test at least every three years. Women over age 65 should have a Pap test as often as their doctor advises.*

About Mammograms

Breast cancer is the second leading cause of cancer deaths in women. For 2005, the American Cancer Society predicted that an estimated 211,240 new cases of invasive breast cancer would occur among women in the U.S. For an individual woman, the lifetime risk of developing breast cancer is 1 in 8.

Studies have shown that mammography is an effective way to detect cancer early, when it is most treatable. That's why it's recommended that all women age 40 or older get a mammogram every year.*

Because we want to help you stay healthy, we've made it easy for you to have a mammogram:

- You can schedule an appointment for a mammogram without having to get a referral.
- You can find a conveniently located mammography center by looking in the provider directory on myCIGNA.com or by calling Member Services at the number on your CIGNA HealthCare ID card.

Now that you know how important these tests are, take the time today to schedule your appointments to have them.

** These preventive care guidelines are taken from recommendations of the U.S. Preventive Service Task Force and other recognized authorities on preventive care.*

myCIGNA.com For Members

Did You Know?

The new Provider Excellence Recognition Directory on www.cigna.com helps you find participating doctors who have achieved quality-related recognition from the National Committee for Quality Assurance (NCQA) for diabetes or heart/stroke care. The directory also includes hospitals that meet the Leapfrog Group (a group of Fortune 500 companies) patient safety standards. To access the directory select "Medical" under "Plan Members and Prospective Members."



myCIGNA.com is a personalized web site where you find information about your health care plan and answers to your health care questions. The following describes some of the types of information you'll find there:

Your Benefits

Under the "Medical" and "Dental" tabs on myCIGNA.com, you can:

- **Examine** the details of your health care coverage, including claims and co-payment amounts for medical, dental and pharmacy benefits.
- **Keep track** of deductibles, out-of-pocket spending and lifetime maximums with the Medical Cost Tracker and the Dental Cost Tracker.
- **Print** a temporary CIGNA HealthCare ID card.

Your Health Care

The web site also provides you with a wealth of resources you can use to make

informed decisions about your health care. You can:

- Assess and monitor your health status with the WebMD **HealthQuotientSM** Health Risk Assessment.
- Select a hospital with the help of **Select Quality CareTM**. Compare hospitals based on data for more than 50 surgical and medical procedures. (more than 160 diagnoses/procedures)
- Research medical issues in the **Healthwise[®]** library with information on more than 5,000 health topics.
- Compare drug treatment options for more than 50 common conditions based on side effects, costs and drug interactions with **DrugCompareTM**.

Your Health Trackers

The web site allows you to track your health in two ways:

- **Health Record** stores your personal health information in a central location, including current conditions,

medications, allergies, surgeries, immunizations – even emergency contact information.

- **Health Trackers** uses easy-to-read charts to keep track of your key health measurements such as height and weight, blood pressure, blood sugar and cholesterol levels, and exercise plans and schedules.

Your Physicians Relationships

The personally customized provider directory allows you to:

- Find participating primary care and specialist physicians, dentists and pharmacies.
- Change your Primary Care Physician.

Your Privacy

myCIGNA.com is completely confidential, so you can feel comfortable accessing your plan and health care information whenever you need it.