

## WOMEN'S HEALTH

# Having a Regular Pap Smear is Important



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800.508.2581

### CERVICAL CANCER CAN BE FOUND EARLY WITH PELVIC EXAMS AND PAP SMEARS.

Cervical cancer can be found in its early stages if you have regular pelvic exams and Pap smears. It is very important that all women have this screening done. A yearly exam and Pap smear is your best protection against cervical cancer. Finding cervical cancer early means that treatment can start early. Early treatment has reduced the number of cervical cancer deaths by 75%.

### WHAT HAPPENS DURING THE EXAM?

The exam takes place at your primary care physician's (PCP) office or at your gynecologist's office. You will be asked to undress from the waist down. You will be given a drape to cover yourself for privacy. A Pap smear is a simple procedure where the doctor brushes your cervix with a cotton swab or a small brush. The procedure is quick and it does not hurt. If your results are normal, your doctor may tell you to have this screening done again in 1 to 3 years.

This exam will only take 10 to 15 minutes. You do **NOT** need a referral from your primary care physician to see your gynecologist for this test. The laboratory that looks at your Pap smear will send a report of the results to your doctor.

**YOU CAN SCHEDULE YOUR EXAM FOR AN EVENING OR SATURDAY AT MANY DOCTORS' OFFICES.**



**FOR MORE INFORMATION** about women's health, call Care Management at 1.800.508.2581 (TTY: 1.800.473.0989).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711). For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711).

La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

ព័ត៌មាននេះអាចមានសម្រាប់ភាសាផ្សេងៗ: មានជូនជាភាសាជួសវែងទៀត និងកន្លងមួយដំណើរទៀត តាមរយៈការទូរស័ព្ទទៅខាងសេវាសមាជិកដៃលើលេខ 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការស្តាប់លេខ 711).

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).