

# WOMEN'S

# HEALTH SERVICES



**Your health is important.**

TRICARE is here to help you bring your life into balance with the following TRICARE covered women's health services.

## WELL-WOMAN EXAM:

TRICARE covers Well-Woman Exams annually with **no cost-shares or copayments.**

Regular heart, cholesterol, and blood pressure screenings are also covered during Well-Woman and Health Promotion and Disease Prevention Exams.

## *Services include:*

- ✓ **Breast exams**
- ✓ **Pelvic exams**
- ✓ **Pap smears**
- ✓ **HPV DNA testing**

## Additional Testing and Services

### Human Papilloma Virus (HPV) Vaccine:

TRICARE covers the HPV vaccine for children and young adults as recommended by the CDC. Recommended dosages of the vaccine vary by age: **9-14 years old\*: (two doses)**, **15-26 years old: (three doses)**. You can get the HPV vaccine at participating network pharmacies at no cost. To find a participating network pharmacy, visit [www.express-scripts.com](http://www.express-scripts.com) or call 1-877-363-1303.

\* The first dose is routinely recommended for children age 11 or 12.

### Maternity and Prenatal Care:

TRICARE covers all services that are **medically necessary** to help you have a safe and healthy pregnancy:

**Prenatal care and services**  
**Labor and delivery**  
**Post-Partum care for up to 6 weeks**

### Annual Mammograms

As of Jan. 1, 2020, TRICARE covers 3-D mammograms for annual screenings. Prior authorization is required. 3-D mammograms may reduce imaging problems due to overlapping tissue and dense breast tissue and improve accuracy of lesion detection. TRICARE will continue to cover 2-D mammograms.

### Assisted Reproductive Services:

TRICARE covers contraceptives if prescribed by a **TRICARE-authorized provider:**

**Prescription contraceptives**  
**Contraceptive diaphragms**  
**Surgical sterilization**  
**(Non-prescription) Emergency contraceptives**