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Once a year, every woman celebrates her birthday, and at least once a year, every woman should celebrate her health.

Hi, I'm [*Representative/Senator/Delegate/Assemblywoman state your name*] from [*name of your state*] and I'd like to be sure that all women know about their Well Woman Visits. Preventative wellness care, now covered by all health plans, requires no out-of-pocket costs, and will ensure that all women are healthier for the long-term.

Your Well Woman Visit, a new benefit to you, can include screenings to detect diseases early when they may be easier to treat, as well as education and counseling to help you make the best health decisions possible. By visiting your doctor every year, you will not only benefit from the general physical exam, but you will be able to have a better sense of your health habits and history and set goals for your personal health. This essential preventative wellness care is now covered by all health plans, and requires no out-of-pocket costs.

Women In Government, an organization of women state legislators, is working to encourage women to schedule their annual exam. You can help spread the word. To learn more, visit Women In Government dot org.