

# Women's healthcare starts here

While many women believe they need to see an OB/GYN for women's health matters, the truth is One Medical's primary care providers are equipped to handle most women's health needs.

## An Annual Wellness Visit, the annual physical designed around you

Everyone should come in for a full checkup (not just a trip to the OB/GYN) once a year to check in on your overall health. We'll talk through things like:

- ✓ Your mental well-being
- ✓ Healthy periods or menopause
- ✓ Making sure you're up to date on vaccinations
- ✓ Maintaining a healthy lifestyle

## Cervical cancer (Pap) and HPV screenings

Generally recommended every 5 years for people with a cervix starting at age 25, but your provider can help you figure out what's best for you.

## Sexual wellness

We can help you with issues like:

- ✓ Testing for and treating STIs
- ✓ Pain during sex
- ✓ Low libido

## Birth control

- ✓ Birth control counseling and prescriptions
- ✓ IUD insertion



## Family planning

Hoping to start a family? Let's chat about:

- ✓ Exercise
- ✓ Blood pressure
- ✓ Heart health
- ✓ Prenatal vitamins

## Breast cancer screening (mammograms)

Book an appointment with a provider to discuss when you should get screened.

## Perimenopause and menopause care

Our providers understand and treat the full spectrum of symptoms—from hot flashes and night sweats to mood changes and brain fog.

- ✓ Personalized treatment options, from lifestyle guidance to medication
- ✓ Onsite lab testing specific to your health and hormones
- ✓ Coordination with specialists, if needed
- ✓ Ongoing support, because your journey evolves

## LGBTQ+ inclusive care

Our inclusive care supports all patients, including transgender and nonbinary individuals. Talk with a provider about creating a care plan tailored to you.

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