



my Arkansas Insurance

A Division of the Arkansas Insurance Department



Preventive Health Care for Women

Health insurance plans available from My Arkansas Insurance offer free preventive coverage for a comprehensive set of benefits. Specific benefits for women include:

1. **Breast cancer genetic test counseling (BRCA)** for women at higher risk
2. **Breast cancer mammography screenings** every one to two years for women over 40
3. **Breast cancer chemoprevention counseling** for women at higher risk
4. **Cervical cancer screening** for sexually active women
5. **Chlamydia infection screening** for younger women and other women at higher risk
6. **Domestic and interpersonal violence screening and counseling** for all women
7. **Gonorrhea screening** for all women at higher risk
8. **HIV screening and counseling** for sexually active women
9. **Human Papillomavirus (HPV) DNA test** every three years for women with normal cytology results who are 30 or older
10. **Osteoporosis screening** for women over age 60 depending on risk factors
11. **Rh incompatibility screening** follow-up testing for women at higher risk
12. **Sexually transmitted infections counseling** for sexually active women
13. **Syphilis screening** for women at increased risk
14. **Tobacco use screening and interventions**
15. **Well-woman visits** to get recommended services for women under 65

Another key component of women's reproductive health is access to contraception. The following FDA-approved contraceptive methods prescribed by a woman's doctor are covered under plans for free.

1. **Barrier methods** like diaphragms and sponges
2. **Hormonal methods** like birth control pills and vaginal rings
3. **Implanted devices** like intrauterine devices (IUDs)
4. **Emergency contraception**
5. **Sterilization procedures**
6. **Patient education and counseling**



Do you need more help?

Online: myARInsurance.com or Insurance.Arkansas.gov

Phone: 844-355-3262 or 800-852-5494; M-F 8:00 a.m. - 4:30 p.m.