



Young Women's Health and Wellness:

A Guide to Starting Out and Staying Healthy



Stay Safe

Simple steps for your everyday safety can protect you from accident, injury or harm.

- Buckle up every time you ride in a vehicle.
- Wear a helmet if you bike.
- Sign up for a self-defense course.
- Speak up and be assertive; know when to say no.
- Use condoms or other forms of birth control if you are sexually active.
- Apply sunscreen year round.
- Minimize your exposure to secondhand smoke.
- Designate a driver if you need one.



Seek information from reliable sources

- Visit Health Net Federal Services, LLC
www.tricare-west.com
- TRICARE information, coverage and benefits
www.tricare.mil
- Center for Young Women's Health
www.youngwomenshealth.org
- Choose My Plate
www.choosemyplate.gov
- National Cervical Cancer Coalition
www.nccc-online.org

www.tricare-west.com



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Young adulthood is a time of increasing maturity and self responsibility for young women. Many life transitions are occurring—going away to school, starting a new job, moving away from home, getting married, traveling, or having children. Changes in routines are opportunities to build and develop new habits that will benefit you now and for the rest of your life.



Aim for Good Nutrition

Establish healthy dietary habits that can last throughout your lifetime.

- **Eat meals at regular times.** Stock up on healthy snacks and learn about nutrition.
- **Balance your diet.** Include fruits, vegetables, grains, protein, and dairy.
- **Monitor what you eat.** Pay attention to and moderate how much sugar, caffeine and alcohol you take in.

Stay Active Physically

Physical activity can improve your sleep, energy, mood, and concentration, and it has been proven to help reduce the risk of developing cancer.

- **Fit it in.** Get at least 30 minutes of moderate physical activity almost every day.
- **Make it fun!** Exercise with friends to stay motivated.



Get Regular Screenings to Stay Healthy

Most preventive health screenings are covered under TRICARE at no cost to you.

- **Know your risk factors.** Ask about your family history.
- **Schedule a Pap test once you turn 21.** A Pap test checks for changes in the cells of the cervix. It can find problems that can be treated before they turn into cervical cancer or when treatment is most effective. Most women need one every three years, but ask your doctor what is right for you.
- **Get tested for chlamydia and gonorrhea yearly until age 25 (if you are sexually active).** These are two of the most common sexually transmitted diseases. According to the Centers for Disease Control and Prevention, most people do not know they are infected, as they often have no signs or symptoms. When left untreated, they can affect a woman's ability to have children.
- **Ask your doctor about other tests that may be appropriate for you.** Tests recommended may include cholesterol and blood pressure checks, or breast and pelvic exams.

Select a Doctor Who Can Guide You

- **Identify the kind of primary care doctor you want.** This may be a pediatrician, family practice or internal medicine doctor, or an OB/GYN.



- **Schedule a checkup.** Establish a relationship with your new doctor before you get sick.
- **Know your coverage.** Carry your insurance card at all times.
- **Write down your history.** Have a list of your current medications, allergies and immunizations.
- **Make a plan.** In case you need urgent medical care, know where you can go, how you will get there and who can help you if you need it.