

Unlock Your Health by Scheduling a TRICARE Well-Woman Exam

Your health is your most valuable asset. [Preventive care](#) plays a vital role in maintaining it. With TRICARE, you have access to a wide range of preventive care specific to your needs. For women, this includes comprehensive services like an annual [well-woman exam](#).

“A well-woman exam is an opportunity to assess and maintain your specific health needs,” said Dr. Ross Colt, Medical Director, Clinical Oversight and Integration, TRICARE Health Plan. “[Breast exams](#), [pelvic exams](#), [Pap tests](#), and other screenings help catch potential health issues early and keep you healthy longer.”

A well-woman exam includes critical screenings and consultations for:

- [Cervical cancer](#)
- [Breast cancer](#)
- [Birth control](#)
- [Reproductive health](#)
- Disease prevention

Your provider may recommend additional services based on your needs, including [human papillomavirus DNA testing](#) for women aged 30 and older, or a [mammogram](#) based on your age or risk factors. Staying on top of these exams is key to preventing serious health problems and staying on track for a long, healthy life.

TRICARE covers yearly well-woman exams for women under age 65. Since this is preventive care, you won’t have a copayment or cost-share, as described in the [TRICARE Costs and Fees Fact Sheet](#).

Family planning

Your well-being extends beyond screenings. A well-woman exam is also a good time to discuss family planning and [birth control options](#), like IUDs, implants, or other contraceptives.

TRICARE covers different contraceptive options, from oral methods to long-acting or permanent contraception, when accessed through a [network provider](#).

Other health concerns

Women with a family history of heart disease or who are at high risk for [heart issues](#) should know the signs of heart attacks and strokes. Speak to your provider about preventive actions you can take.

Do you have any [mental health concerns](#), or have you been feeling depressed? You should talk to your doctor at these exams. [Help is available](#).

Health Promotion and Disease Prevention exams

Annual physicals, such as [Health Promotion and Disease Prevention exams](#), give you a chance to stay up on your health and speak honestly with your provider. These exams cover a wide array of services, but you should check your [health plan](#) to know how often certain services are covered.

Women 65 and older

For women aged 65 and older, [TRICARE For Life](#) covers preventive care. [Medicare](#) is the primary payer, and TRICARE pays second. Medicare Part B covers a Pap test, pelvic exam, and breast/chest exam once every 24 months. You may be eligible for these screenings every 12 months if:

- You’re at high risk for cervical or vaginal cancer or
- You’re of childbearing age and have had an abnormal Pap test in the past 36 months

Take a look at [Medicare’s rules for coverage](#) to learn more about your eligibility for these preventive services.

[Unlock your health](#) today by scheduling your well-woman exam. To learn more about preventive health services for women, visit [TRICARE Preventive Services](#).