

Wellness Wire

May 2026

THIS MONTH'S TOPIC:

Women's Health

Let's talk about Women's Health


May is **Women's Health Month**, a time to focus on the unique health needs of women and empower every woman to take charge to her well-being.

From preventative screenings to mental wellness, and healthy habits, small steps can make a big difference.

Preventative Care Reminders

GET YOUR YEARLY WELL-WOMAN EXAM

Your annual checkup is essential for preventive care. These visits help catch conditions early, when they're easier to treat.



WHAT'S INCLUDED?

- ✓ Pap smear
- ✓ Mammogram
- ✓ STD screening
- ✓ Breast & pelvic exams

In addition to annual well-woman exams, it is important to complete all screenings recommended by your healthcare provider.

Women younger than **50** are nearly **twice as likely** to develop cancer as men in that age range.

Screenings save lives. Many women with breast cancer have **no symptoms**. Your provider will suggest the right tests and timing based on your age and medical history for both cervical and breast cancer.

Additional Healthy Habits to Consider

MENTAL & EMOTIONAL HEALTH



- ✓ Promoting stress management
- ✓ Strong social connections
- ✓ Mindfulness
- ✓ Seeking support

HEALTHY LIFESTYLE



- ✓ Balanced diet
- ✓ Regular moderate exercise (around 150 mins/week)
- ✓ Sufficient sleep

Participate in National Women's Health Week, beginning Mother's Day – May 10th, 2026. Visit [OASH | Office on Women's Health](#) for more information.

Overall, remember to schedule annual check-ups, educate yourself, prioritize self-care, get active, and eat a balanced diet because this can help you stay strong, feel good, and catch problems early before they get worse.

The team here at Express Scripts by Evernorth are dedicated to helping you achieve your overall health and wellness goals with the tools and resources we have available.

Please contact us via one of the methods below to get started on the pathway to a happy, healthy heart!



Call **1-800-846-4008** to speak with one of our pharmacists



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