Well-being Made Personal
Women's Health

RESOURCES

Mental Well-being

You balance work, family and your health. You're awesome. You're also human. More than 1 in 5 women experience a mental health condition. We've got you with mental health support.

- **Dial 988:** Immediate, confidential, no cost mental health support if you or a loved one needs to talk to someone immediately
- **Lyra Health**: Click link or call 1-833-872-0201 for no cost, confidential mental health therapy.
- **Doctor on Demand**: 24/7 video visit medical & mental health care. Cost shown before booking visit. Register on website or download free phone app to get started.
- **Postpartum Support Helpline:** 1-800-944-4773 (peer to peer support – not a crisis line)

Preventive Care

Make yourself a priority and schedule that annual physical visit each year. At your annual visit you'll learn about what other screenings and tests are recommended based on your age and personal and family history.

- **Learn what's covered for women & find an In-Network Provider** through your medical plan. Schedule your annual visit & recommended screenings today!

Perimenopause & Menopause

Navigate menopause with confidence. Discover compassionate and practical guidance to thrive through every stage of your hormonal change journey.

- **My menoplan:** Tool for tracking and managing menopause symptoms.
- **North American Menopause Society:** Education on midlife, menopause & healthy aging.
- **Preparedness Toolkit:** Woman's Empowerment Guide to support women through major menopause milestones and prepare for conversations with physicians, families, and friends.



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Fertility, Pregnancy, Reproductive Health

Womanhood is a journey of a million moments. Exciting, confusing, awesome and not-so-awesome at times. Regardless of whether you're riding the waves of infertility or pregnancy we've got you.

- **Pregnancy Support Program**: Call # on Wellmark ID to get connected with tools & resources. Register in 1st 12 weeks of pregnancy to receive cash incentives for completing online assessment. No cost 1st & 2nd trimester ultrasounds for participating!
- **American Society for Reproductive Medicine:** Trusted source for accurate, up-to-date, comprehensive information on reproductive health, fertility, contraception, and pregnancy.
- **Resolve - The National Infertility Association:** Feel empowered with knowledge, supported by community, united by advocacy, and inspired to act.
- **The Office on Women's Health:** Education on women's health topics.
- **Livestrong Fertility: Preserving Fertility for Cancer Patients:** Reproductive information resources and financial support to survivors whose cancer and its treatment present risks to fertility.

Parenting

A well-regulated adult has the power to support the healthy regulation of a child, but it's not always easy. Get the support you need in your parenting journey.

- **Lyra Parent Coaching**: No cost support for parenting struggles! Click link or call
- 833-872-0201 & ask for parent coaching!
- **National Parent & Youth Helpline:** 855-427-2736. Free, confidential support from trained specialists via calls, texts and live chat 24/7. Visit website to join a Parents Anonymous Support Group.
- **Parents Helping Parents**: 24-hour parent stress line (1-800-632-8188), support groups, and resources.

Cancer Detection

Feel empowered as a woman with knowledge & skills to detect cancer in the early, most treatable stage. Click the links below for how to get started.



- **Breast:** **Mammogram** at 40 years old and Monthly **Self Exam How-To**
- **Skin:** **Self Exam How-To**
- **Colon:** **Screening** at 45 years old