

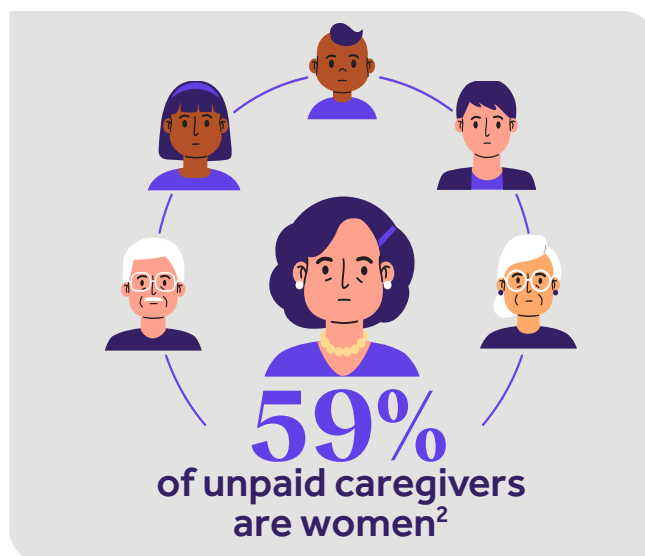


## What women want and need from healthcare

Women have a lot on their plates. Careers and relationships fight for priority status. In most cases, they're the go-to parent, the manager of the family home and activities. And they're the first call when parents or elderly family members need help. It's a lot to juggle.

But who should take priority, especially when it comes to health needs? Themselves.

There's a dizzying array of ways women should take care of themselves, starting with prioritizing health and well-being.<sup>1</sup> This includes eating well, sleeping well and regular physical activity. It also means managing stress, practicing mindfulness, finding joy and more. But that's just the start.



### Consider mental health

Is it any wonder women experience high rates of emotional distress, depression, anxiety, stress and burnout?<sup>2</sup> Recognizing symptoms can be hard. Actions that can help you be in touch with your feelings include:



Taking personal time  
(self-care)



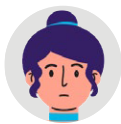
Sharing thoughts and feelings in  
a journal or with a licensed coun-  
selor



Developing a meditation or  
mindfulness practice

## The phases of life

Women go through distinct physical phases of life. Each requires specific preventive healthcare. Screening and counseling, including well-woman and reproductive care, are targeted depending on one's age and stage. Some broad guidelines to follow:<sup>3</sup>



### Adolescence (19 & under)

A family care provider, or pediatrician, can offer support and guidance. Topics include menstruation, general well-being, age-appropriate vaccinations and sexual health.



### Perimenopause (40s)

A primary care provider or gynecologist can offer guidance on screenings and well-woman care. This includes breast, cervical and colorectal cancer screenings, skin checks, cholesterol and A1c tests and more.



### Early adulthood (20s-30s)

A primary care provider or gynecologist can assess general health and risk factors. Focus is on sexual health, breast and cervical cancer screenings, birth control and age-appropriate vaccinations.



### Menopause and postmenopause (50s-plus)

A primary care provider, gynecologist or menopause specialist can address the previously mentioned screenings. Discussions may also include bone density, mobility and memory assessments, sleep disorders and age-appropriate vaccines.

## Be your own best health advocate

Women's health concerns should be a priority for proper diagnosis and treatment. Sadly, gender bias exists everywhere, even in healthcare. Medical "gaslighting" is a real thing.<sup>4</sup> It happens when a healthcare provider discounts a patient's complaints. They may make them feel it's all in their head. To prevent this from happening, it helps to be prepared for medical appointments.

Consider:

- Bringing a journal documenting your symptoms.
- Researching what you are experiencing. Be familiar with the terms and be able to express your concerns.
- Preparing a short list of questions for your provider.
- Asking a friend to join you for support, help take notes and observe.

**Women's healthcare affects us all. Be aware and supportive.**

Learn how Livongo can help support you on your wellness journey.  
To sign up or learn more, go to [Go.Livongo.com](https://Go.Livongo.com).

<sup>1</sup><https://www.harvard.edu/in-focus/healthy-living/>

<sup>2</sup><https://www.psychologytoday.com/us/blog/the-aftermath-of-trauma/202503/navigating-the-mental-strain-of-gendered-caregiving>

<sup>3</sup><https://www.aafp.org/pubs/afp/issues/2021/0215/p209.html>

<sup>4</sup><https://www.health.harvard.edu/staying-healthy/what-to-do-about-medical-gaslighting>