



WE'RE HERE TO HELP

EDUCATION & COUNSELING

- Information on STIs and HIV, plus free at-home testing kits
- Education on recommended vaccines (HPV, RSV, Flu, Tdap, COVID)

HEALTH SCREENINGS

- Breast and cervical cancer screenings
- Sexual health screenings
- Wellness screenings

EXTRA SUPPORT

- Menstrual hygiene support and free products
- Diapering support and free diapers for healthy baby care

FHCCP.org/WomensHealthServices

Women's Health Services can connect you with a provider for healthcare screenings, navigations, and the support you need to live empowered lives. Visit one of our locations to get connected with a provider who can help you be your healthiest self, **so you can be there for the people who need you most.**

**WE'VE GOT YOU.
CONNECT WITH
TRUSTED CARE
CLOSE TO HOME.**



FHCCP.org/WomensHealthServices

HEALTHY WOMEN



EMPOWERED LIVES

 **FHCCP**

 **FHCCP**

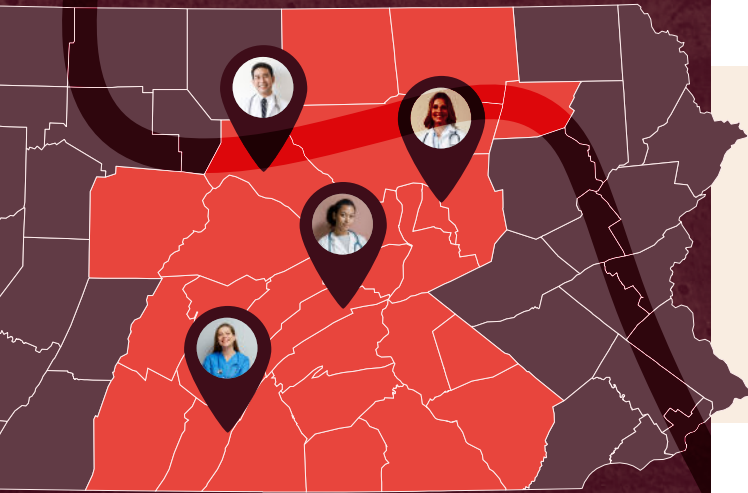
Don't let a lack of insurance stop you from accessing healthcare services.



Accessible care for every age and stage – right here in your community.

FIND THE CARE YOU NEED, CLOSE TO HOME.

Visit FHCCP.org/WomensHealthServices to search by zip code. Providers are available in the local community to support you.



Adams	Dauphin	Montour
Bedford	Franklin	Northumberland
Blair	Fulton	Perry
Bradford	Huntingdon	Snyder
Centre	Juniata	Sullivan
Clearfield	Lancaster	Tioga
Clinton	Lebanon	Union
Columbia	Lycoming	York
Cumberland	Mifflin	



**WE'RE HERE FOR YOU.
SCAN THIS CODE TO FIND
A PROVIDER NEAR YOU.**

*Not all services are available at each provider.
Contact the provider directly to confirm services.*

SCREENINGS TO PROTECT YOU AT EVERY STAGE.

AGES 18-39

STI SCREENING

Annually for ages 18-24, over 24 annually if at increased risk.

HIGH BLOOD PRESSURE SCREENING

At least once a year, or more frequently if elevated.

CERVICAL CANCER SCREENING

Every 5 years with HPV co-testing, or every 3 years with a Pap test alone.

HEPATITIS C SCREENING

At least once.

HIV SCREENING

At least once.

AGES 40-49

HIGH BLOOD PRESSURE SCREENING

At least once a year, or more frequently if elevated.

BREAST CANCER SCREENING

Mammogram every 1-2 years, depending on individual risk factors and provider recommendation.

HIV SCREENING

At least once.

DIABETES SCREENING

Ages 40-70, every 3 years.

CERVICAL CANCER SCREENING

Ages 30-65, every 5 years with HPV co-testing, or every 3 years with a Pap test alone.

COLORECTAL CANCER SCREENING

Every 10 years if no history of polyps, every 5 years with history of polyps.

AGES 50-64

HIGH BLOOD PRESSURE SCREENING

At least once a year, or more frequently if elevated.

OSTEOPOROSIS SCREENING

Frequency based on risk factors.

CERVICAL CANCER SCREENING

Ages 30-65, every 5 years with HPV co-testing, or every 3 years with a Pap test alone.

DIABETES SCREENING

Ages 40-70, every 3 years.

BREAST CANCER SCREENING

Mammogram every 1-2 years, depending on individual risk factors and provider recommendation.

COLORECTAL CANCER SCREENING

Every 10 years if no history of polyps, every 5 years with history of polyps.

HEPATITIS C SCREENING

At least once.

AGES 65+

HIGH BLOOD PRESSURE SCREENING

At least once a year, or more frequently if elevated.

OSTEOPOROSIS SCREENING

Once, more frequently based on risk factors.

CERVICAL CANCER SCREENING

Ages 30-65, every 5 years with HPV co-testing, or every 3 years with a Pap test alone.

DIABETES SCREENING

Ages 40-70, every 3 years.

BREAST CANCER SCREENING

Mammogram every 1-2 years, depending on individual risk factors and provider recommendation.

HEPATITIS C SCREENING

At least once until age 79.

**EMPOWERED
LIVES**