



# Women's Health

Your health care needs change with your age. Prioritize your care so you can feel your best from one stage to the next.



## Know your body

You're unique. And your combination of sex, genes, and life experiences impacts your risk for many health conditions. Listen to your body, learn your family health history, and build a relationship with your doctor to get the right care tailored just for you.



## Reproductive health

Birth control, sexual health, prenatal care, parenting – whatever's going on in your life, it's natural to have a thousand questions. Ask them. Get support that accounts for your situation, medical history, and lifestyle as you navigate your life's journey.



## Menopause

The average age of menopause is 51. But perimenopause, the stage that comes before, can start in your mid-40s. If your symptoms bother you, there are treatments to manage them. Regular exercise and a heart-healthy diet also help – and lower your risk for long-term health problems.

Visit [kp.org/womenshealth](https://kp.org/womenshealth) to learn more about getting care throughout your life.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 4000 Garden City Dr., Hyattsville, MD 20785 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 2715 Naches Ave. SW, Renton, WA 98057