

Due to recent changes in wellness guidelines, some insurance companies no longer pay for a Pap smear every year unless you are considered to be at high-risk for cervical cancer. Pap smears for preventative screenings may only be covered every 3 years under your insurance policy's new wellness guidelines.

**We would like our patients to know that pelvic and breast exams are still recommended yearly. Please continue to schedule yearly wellness visits with your doctor for these exams.**

Many people confuse pelvic exams with Pap smears. You can have a pelvic exam without having a Pap smear. *Pelvic exams should be performed yearly even when the Pap smear is not performed.* The pelvic exam is part of a woman's routine health care. During a pelvic exam, the doctor looks at and feels the reproductive organs. Your doctor checks the size and shape of your uterus and ovaries, noting points of tenderness or unusual growths. Other pelvic symptoms, such as abnormal bleeding, vaginal bulge, incontinence, or vaginal dryness, may also be assessed with a pelvic examination.