



Women's Health Tips

Take advantage of these Oxford programs and services that can help you stay healthy.

- Annual in-network physical and well woman exam at no charge*
- Access to your choice of participating OB/GYN without a referral*
- No charge for routine preventive in-network pediatric care, including childhood immunizations*
- No physician referral or copayment required for a covered mammogram
- Annual in-network flu shot with no office visit copayment (only applies when Members don't access any other service at the time of the visit).
- Educational materials for expectant parents through our *Healthy Mother, Healthy Baby*® program.
- Healthcare guidance 24 hours a day, 7 days a week from a registered nurse with *Oxford On-Call*® (for Members of a NY, NJ, or CT plan)
- Reminders sent to your home if you have missed a Pap smear, mammogram, or your child's preventive care visit.
- Online reminders for mammogram, Pap smears, colon cancer and cholesterol screenings
- Massages at a reduced rate from participating providers; access to the area's first credentialed network of complementary and alternative medicine providers.
- Gym reimbursement program that puts money back in your pocket* while you get fit.
- Discounts through our *Healthy Bonus*® program for Weight Watchers®, spa services, exercise facilities and select products and services.

* Benefit coverage varies based on plan design. Some plans may require copayments or other cost shares.