

August 2009

Dear Member:

Women today are busy. Still, it's a good idea to take time to take care of your health. You can start by looking over the enclosed booklet, and asking yourself some questions:

- When was the last time you saw your doctor? It's good to see your doctor when you're well, not just when you're sick.
- Have you had a Pap test? Call your doctor to see if it is time for one.

We hope you find this booklet helpful. As you read it, make a list of questions to ask your doctor.

Preventive health care is usually a covered benefit for members like yourself. Specific limits, co-pays, co-insurance and deductibles are all spelled out in your health plan. If you have any questions about your benefits or to verify coverage, please call the number on the back of your member card.

At Regence, our mission is to improve the health of our members like you.

Yours in good health,

Joseph Gifford, M.D.
Medical Director

Enclosure

*Support for this mailing was provided by Merck & Co., Inc.
No member information was shared with Merck & Co., Inc.*