

Women's Health Resources & Benefits

Supporting You at Every Stage of Life

CEBT offers a variety of health benefits and wellness resources designed to support women's physical, mental, and reproductive health. Many preventive services are covered at no cost to you, even if you haven't met your deductible.



Many preventive services are covered at **no cost to you**, even if you haven't met your deductible.

KEY:  **ALL PLANS**

 **UMR PLANS ONLY**

 **KP PLANS ONLY**

Coverage may vary by plan. High Deductible Health Plans (HDHPs) may have different coverage requirements for certain diagnostic services. Always review your specific plan benefits for complete details.

Covered Preventive Services

The following preventive services are generally covered at 100% when received as preventive care.



Breast Health

- Annual screening mammograms (all ages)
- Diagnostic mammograms (100% covered for most plans; HDHP plans after deductible)
- Additional breast cancer screening, including MRI & ultrasound (age 40+)



Women's Wellness Exams

- Annual well-woman visits
- Pelvic exams
- Pap tests/cervical cancer screenings (21-65)
- HPV testing



Pregnancy & New Parent Support

- Breastfeeding support (pumps, supplies & lactation counseling)
- Pregnancy support (gestational diabetes screening & folic acid supplements)
- Postpartum mental health support (AllOne Health & ● Modern Health)
- UMR Maternity Care Program



Family Planning

- Fertility resources & support
- FDA-approved contraceptive methods
- Contraceptive counseling
- Women's sterilization procedures



Additional Preventive Screenings

- HIV screenings & counseling
- STI screenings & counseling
- BRCA genetic counseling for women at higher risk for breast or ovarian cancer

*Different stages
Same strength*

Additional Women's Health Resources

Support for your whole health — mind, body and family.



Mental Health & Family Support

AllOne Health

- Mental health support
- Child care resources
- Adoption support
- Parenting & family resources
- Postpartum mental health support

Modern Health (UMR & Surest)

- Mental health support
- Menopause resources & coaching



Physical Health & Wellness

Omada (UMR)

- Weight management
- Diabetes prevention & management
- Joint and muscle health
- Pelvic floor support
- Pregnancy & postpartum PT guidance
- Menopause support



Surgery Support

Lantern (UMR & Surest)

- Support coordinating breast-related & gynecological procedures
- Infusion Care



Scan to learn
more about
your benefits.

See Back for more information



Additional Resources



Websites

- cebt.org/resource-center
- Learn more about women's preventive care:
healthcare.gov/preventive-care-women/



Flyers

Omada

- [PT Built for Women](#)
- [Stay Strong & Balanced through Menopause](#)

UMR

- [Maternity Care](#)

Mental Health Support

- [AllOne Health is Here to Help](#)
- [Modern Health](#)

Kaiser

- [Preventive Screening Guidelines for Women](#)
- [Women's Health Throughout your Life](#)
- [Understanding Menopause](#)



Call (800) 332-1168

Questions about your benefits? Contact CEBT Customer Service or refer to your plan documents for coverage details.