Women's Health and Wellness Guide

Find valuable information on various women's health topics and see what's available to you through your Leonardo DRS medical plan

Let's get started >



United Healthcare® | LEONARDO DRS

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Call Customer Care Advocates through UnitedHealthcare for support

1-888-588-6876

Your guide to women's health and wellness

As bodies change through the years, so do health needs and goals. To help support women throughout each age and stage of life, Leonardo DRS provides a range of benefits through your Leonardo DRS medical plan – including preventive care, family planning resources, menopause support and more. Many of these benefits are available to you and your eligible family members at no additional cost.

This guide provides information about women's health* to help support your overall well-being. Ready to explore all that's available?

*"Women's health" is a broader term used to describe conditions, services or supportive programs and resources, not to describe those supported. UnitedHealthcare provides supportive resources for all eligible individuals, regardless of gender identity.

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Preventive care for women

Keeping up with preventive care is a good way to help manage and maintain your health throughout your life.

An annual wellness visit is included in your health plan*

Preventive care is designed to help detect potential health issues early on, when they're typically more treatable. Early detection is key, and it often starts with an annual wellness visit with your primary care provider (PCP).

Your PCP is the health care provider who knows you best and understands your health history and health goals. They're who you turn to first for preventive care, routine screenings, immunizations and more. During this visit, your PCP generally focuses on evaluating your health when you're symptom-free. Depending on your age and other factors, your PCP may recommend certain preventive screenings. Your medical plan covers eligible preventive care, services and screenings.

Recommended preventive screenings for women[1]

Age	18	25	30	35	40	45	50	55	60	65	70	75+
Annual wellness visit	Every year											
Blood pressure screening	Every year											
Breast cancer screening (mammogram)					Every 1–2 years starting at 40, or as recommended by your PCP							
Cervical cancer screening, including Pap smear		Every 3 years starting at 21 until 65, or as recommended by your PCP										
Cholesterol screening					Every year							
Colorectal screening						Every 10 years starting at 45, or as recommended by your PCP						
Diabetes screening					Every year							

* Your annual wellness visit is covered, but added services, diagnostic care and tests may result in deductible or coinsurance costs.

Need a network PCP?

Sign in on the **UnitedHealthcare® app** or **myuhc.com®** or scan the code to search for network PCPs near you.

Prefer getting care from a woman PCP?

You can filter your search when you're signed in on the **UnitedHealthcare app** or **myuhc.com**.

Looking for virtual care?

MDLIVE offers virtual access to providers and therapists 24/7. Sign up online, choose from a large network of board-certified doctors and licensed therapists and receive care when you need it, from the comfort of your home.

1-888-632-2738 | **MDLIVE.com/drs**

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Expanding your family

The path to parenthood can look different for everyone. No matter how you're looking to grow your family, support is available.

Preparing for a healthy pregnancy

Fertility and preconception health

If you're thinking about becoming pregnant, it's a good idea to meet with your health care provider – usually your PCP or gynecologist – to get a checkup and review your health history. There are also things you can do on your own to prepare for pregnancy, like maintaining a healthy weight and eating a nutritious diet. If you have fertility concerns, your provider can help you explore your options and navigate next steps.

Prenatal care

The earlier you start your prenatal care – the care you receive while pregnant – the better. Prenatal care is one of the best ways to help reduce the risk of complications for both you and your little one.[2]

Prenatal appointments may include:

- An estimated due date
- A review of your medical history
- A physical exam
- Blood tests
- Measuring your baby's growth
- Checking your baby's heartbeat
- Checking your blood pressure
- Recording your weight
- A urine sample or urinalysis
- At least 1 ultrasound, possibly more

Additional tests may be required, depending on your needs. Your provider will decide how often they want to see you throughout your pregnancy.

Prenatal appointments may be scheduled:

- Once a month from weeks 4–28
- Every 2 weeks from weeks 28–36
- Every week from weeks 36–40

If you're 35 or older or have a pre-existing health condition, your provider may want to see you more frequently.



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High-risk pregnancy care

A high-risk pregnancy is when the mother and/or baby are in danger of having complications – and it often requires special care to help everyone stay as healthy as possible. Meeting with your provider is the best way to determine if you have or could have a high-risk pregnancy.

Factors include:

- **Existing health conditions –** Including diabetes, high blood pressure or being HIV positive
- **A mother's age –** Teens and those who are 35 and older have a higher chance of blood pressure problems
- **Multiple births at once –** May increase the chance of early labor and birth, and may cause high blood pressure and other complications with delivery
- **Being overweight or obese –** Has been linked to stillbirth, infant heart defects, high blood pressure and Caesarean (C-section) delivery, among other issues
- **A history of pregnancy problems –** Such as early delivery

Some factors that cause a pregnancy to be high-risk can't be avoided. Some of these start in pregnancy, like gestational diabetes. Other factors can be treated before a pregnancy to reduce the risk for complications.

Signs and symptoms include:

- Vaginal bleeding
- Stomach or chest pain
- A fever over 100.4°F
- Dizziness
- Fainting
- A fast or fluttering heartbeat
- Queasiness and vomiting that is more than just morning sickness
- Thoughts of self-harm or hurting your baby
- Trouble breathing
- The slowing or stopping of your baby's movement
- Severe headache or blurry vision

Having a high-risk pregnancy makes it especially important to keep up on prenatal appointments. Each high-risk pregnancy is treated in its own way depending on the mother's health condition. This may include medications for certain conditions or help making healthy life changes.

If you experience any of these symptoms, contact your provider right away.

Important note

After welcoming your baby, you'll need to add them to your health plan within 31 days of their birth (even if you already have family coverage) to ensure coverage under the Leonardo DRS medical plan. More information is available in the **2026 Benefits Guide**, which can also be found on the Benefits page of the DRS Intranet.*

*Available on the DRS network.

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Maternity support benefits

Here are the maternity support programs and services that are available to you:

Fertility Solutions

Fertility Solutions provides helpful information, emotional support and experienced guidance as you explore options for expanding your family. Work with a fertility nurse who can help guide you to treatment options and care facilities, which may include getting care from a Fertility Center of Excellence.

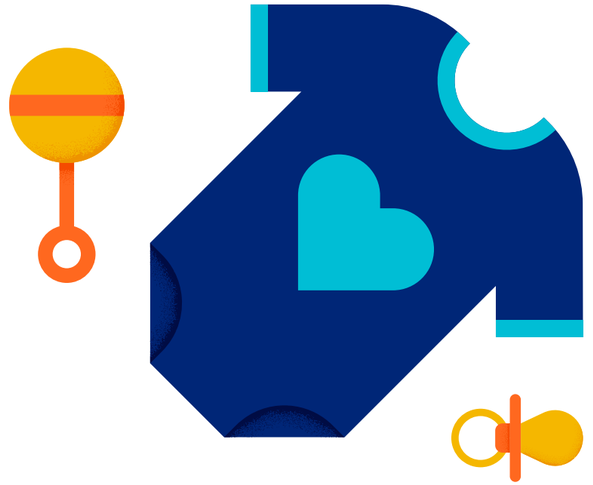
Neonatal Resource Services

If your baby needs extra care after they're born, Neonatal Resource Services gives you 1-on-1 access to an experienced neonatal nurse who can answer your questions, help make sure they get the best possible care and get you ready for life at home with your baby.

Maven Maternity & Newborn Care

Maven's Maternity & Newborn Care program supports members through pregnancy, postpartum and the newborn stage, with added support for pregnancy loss and return to work. Members have 24/7 access to virtual care across 35+ specialties, plus a dedicated Care Advocate for personalized support.

Click here to join today at **mavenclinic.com/join/ldrs** or download the Maven Clinic app.



Support is a phone call away

To learn more about these programs, call Customer Care Advocates 24/7, through UnitedHealthcare

1-888-588-6876

Scan this QR code to save in your phone

56%

of first-time mothers seek information about their pregnancy daily[3]

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Menopause and healthy aging

Around age 45, women's estrogen and progesterone levels start to naturally dip and then plateau. This is usually the beginning of menopause — or the stage in life when women stop having periods — and it's a normal part of aging.

Stages of menopause

Technically, menopause starts when your body goes a full 12 months without a period. Your menstrual cycle may have been on autopilot since puberty, with your ovaries producing plenty of estrogen to keep your monthly flow regular. As you move into your late 40s and early 50s, the ovaries make less and less estrogen until there's no longer enough for your body to release an egg. This is what triggers natural menopause.

Natural menopause is a gradual process that happens in 3 stages:

1

Perimenopause

- The time leading up to your last period, which may last 8–10 years (the average is 4 years)
- Estrogen and progesterone levels slowly start to drop

2

Menopause

- Reached once you've gone a full year without any menstrual bleeding
- Ovaries stop producing enough estrogen to release eggs

3

Postmenopause

- Comes after a full year of menopause
- You're period-free for the rest of your life



5 menopause myths[4]

Myth 1: Menopause begins at 50
Fact: Menopause may start anywhere between the late 30s to early 60s. The average age is 52.

Myth 2: Weight gain is inevitable
Fact: While lower estrogen levels during menopause may slow metabolism, an exercise routine and nutritious diet may help maintain overall health.

Myth 3: Menopause causes weak bones
Fact: Losing bone mass is a normal part of the bone breakdown and buildup process. Most women have enough bone mass to handle the loss after reaching peak bone mass at 30.

Myth 4: Hot flashes are the first sign
Fact: While hot flashes are a sign of menopause, there's a wide variety of symptoms — and each can range in severity and frequency.

Myth 5: Menopause only causes physical symptoms
Fact: Shifting hormones during menopause may influence emotions and cause changes in memory and concentration.

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What to expect before and during menopause

Each woman has a different experience with perimenopause and menopause symptoms, so you could have just a few or many. If you notice some of the following symptoms, you may be transitioning into – or in the thick of – menopause:

- Hot flashes
- Night sweats or cold flashes
- Vaginal dryness or discomfort during sex
- Urgent and/or more frequent need to urinate
- Difficulty sleeping
- Mood swings or mild depression
- Dry skin, eyes or mouth
- Tender breasts
- Irregular periods
- Worsening premenstrual syndrome (PMS)

These changes are caused from your body having less estrogen and from the ups and downs of other hormone levels. It's basically your body trying to balance itself back out. You might also notice things like:

- Racing heart
- Headaches
- Joint and muscle aches
- Change in libido
- Difficulty concentrating or remembering
- Weight gain
- Hair loss or thinning

Talk with your provider about ways you can help manage symptoms. Some can be addressed through lifestyle changes, while others through natural remedies (like herbals and supplements) or medicine.

Tips for postmenopausal health

- Keep your body strong by getting exercise, eating a nutritious diet and avoiding alcohol and tobacco
- Talk to your provider about bone health and ways you may be able to help prevent and manage osteoporosis
- Reduce stress with yoga, meditation, massage therapy, acupuncture and other activities that help you feel a sense of calm

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Support and resources

Your Leonardo DRS medical plan includes access to a range of self-service tools, specialty programs and personalized support.

Hypertension management with Teladoc Health

This program helps make living with high blood pressure easier. Members of the program team work with you to provide personalized plans so you can live your healthiest life possible. And, get an advanced blood pressure monitor that connects directly with the mobile app. It's paid for by Leonardo DRS, Inc. – all at no cost to you.

1-800-835-2362 (code: **DRS**) | **TeladocHealth.com/Smile/DRS**

Diabetes management with Teladoc Health

The program supports people diagnosed with type 1 or type 2 diabetes and helps make living with diabetes easier. Get 1-on-1 support from health coaches and nutrition experts to help you reach your health goals.

After enrolling, you'll receive a Welcome Kit with a blood sugar meter, unlimited test strips and lancets – all at no extra cost.

1-800-835-2362 (code: **DRS**) | **TeladocHealth.com/Smile/DRS**

Diabetes prevention with Teladoc Health

The Diabetes Prevention Program helps people at risk for type 2 diabetes improve their health with a CDC-based approach, at no cost to you. You'll receive a personalized plan, tools like a connected scale to track progress, and optional support from a certified health coach (including Spanish-language support).

1-800-835-2362 (code: **DRS**) | **TeladocHealth.com/Smile/DRS**

Weight management with Teladoc Health

The program has no cost to members and provides a personalized plan to support better health. It helps with weight loss and includes a connected scale that tracks progress automatically. You can also choose to work with a certified health coach for extra support.

1-800-835-2362 (code: **DRS**) | **TeladocHealth.com/Smile/DRS**

Support for mental health is available 24/7 with Employee Assistance Program (EAP) powered by ComPsych

Counselors, therapists, tools and resources are available to help with emotional and substance use concerns.

1-800-890-3093 | **guidanceresources.com/DRS**

Customer Care Advocates through UnitedHealthcare offer support with a personal touch

Specially trained Advocates are available to answer questions, help you access care and more. Support is available 24/7.

1-888-588-6876 | **myuhc.com**

Virtual Care with MDLIVE

Get virtual access to providers and therapists 24/7. Sign up online, choose from a large network of board-certified doctors and licensed therapists and receive care when you need it, from the comfort of your home.

1-888-632-2738 | **MDLIVE.com/drs**

Want to tackle stress, get a good night's sleep or feel more present?

Try the Calm Health app for programs and tools to help support mental health and well-being – all at your own pace. It's available as part of your DRS medical plan at no additional cost.

uhc.app/calm

Build a healthy routine with One Pass Select®

Find a routine that's right for you whether you work out at home or at the gym. Choose a membership tier that fits your lifestyle and access digital fitness apps, gym memberships and home grocery delivery services.*

onepassselect.com

*With Classic tier and above.

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1. These guidelines are based, in part, on the requirements of the Patient Protection and Affordable Care Act, and recommendations of the U.S. Preventive Services Task Force (USPSTF), the Health Resources & Services Administration (HRSA) of the U.S. Department of Health and Human Services, and the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC). Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions that may not be covered as a preventive benefit. These guidelines do not necessarily reflect the vaccines, screenings or tests that will be covered by your benefit plan. These clinical guidelines are provided for informational purposes only, and do not constitute medical advice. Preventive care benefits may not apply to certain services listed above. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card.

2. National Institute of Child and Human Development. What is prenatal care and why is it important? nichd.nih.gov/health/topics/pregnancy/conditioninfo/prenatal-care. Accessed: Feb. 18, 2025.

3. Hansen MH, Mørkved HS, Austad B, Vie GÅ, Getz LO, Mjølstad BP. Worries and information seeking during pregnancy: A cross-sectional study among 1,402 expectant Norwegian women active on social media platforms. Scand J Prim Health Care. 2025;43:488–499.

4. Women's Health Network. Top 10 menopause myths – busted! womenshealthnetwork.com/menopause-and-perimenopause/menopause-myths/. Accessed: March 19, 2025.

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Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. Other routine services may be covered under your plan, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefit plan documents to determine your specific coverage details.

Fertility Solutions program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this program is for your information only. It is provided as part of your health benefit plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. You should consult an appropriate health care professional to determine what may be right for you. Your health information is kept confidential in accordance with the law.

One Pass Select is a voluntary program. For fully insured participants (not available in HI, KS, VT and Puerto Rico), it features a subscription-based nationwide gym network and digital fitness. For self-funded participants nationally, it features a subscription-based nationwide gym network, digital fitness and grocery delivery service. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. Individuals should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them. Purchasing discounted gym and fitness studio memberships, digital fitness or grocery services may have tax implications. Employers and individuals should consult an appropriate tax professional to determine if they have any tax obligations with respect to the purchase of these discounted memberships or services under this program, as applicable. One Pass Select is a program offered by Optum. Subscription costs are payable to Optum.

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