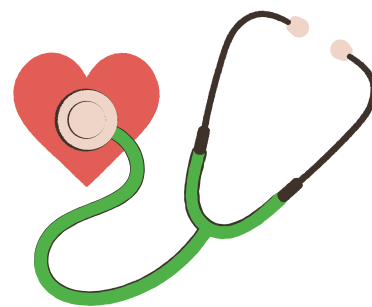


May

WOMEN'S HEALTH MONTH



Support for New Moms

Receive lactation support through LiveHealth Online. You'll have a live health visit with a lactation consultant or registered dietitian for personalized postpartum nutrition and lactation support. Contact LiveHealth Online for lactation and nutrition support at **888-548-3432**.



Awareness is Key

Consult your doctor about necessary tests and screenings to prevent women's health issues such as heart disease, stroke, and various cancers. Be proactive by preparing for the appointment and bringing support, researching, asking questions, seeking second opinions, and maintaining detailed records.



Hormonal Changes

Hormonal changes in women can cause symptoms such as irregular periods, acne, fatigue, headaches, brain fog, sleep disturbances, weight fluctuations, anxiety, joint pain, digestive issues and much more. It's crucial to consult a physician for treatment and support options.



Living > **Well**

Find Support

Anthem's Building Healthy Families makes it easier to find personalized, on-demand health support for your growing family. As you prepare for a new baby, navigate postpartum, and raise your family, you'll have the resources you need to help you thrive. With 24/7 access through the **Sydney Health mobile app** and **Anthem.com**, you can take advantage of program resources anytime at no extra cost to you.



This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.

Our **HEALTHY**
KENTUCKY Home

#OurHealthyKYHome

[Our Healthy Kentucky Home – Our Healthy Kentucky Home](#)

TEAM
KENTUCKY
PERSONNEL CABINET

Kentucky Employees'
Health Plan

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