

Grow Boldly

Key Facts for Women's Health



40 WEEKS

The average length
of a full-term
pregnancy



99 PERCENT

The survival rate if breast
cancer is caught in Stage 1



400 MICROGRAMS

The recommended amount of
folic acid you should get each day
before and during pregnancy



2

The recommended
number of years
between mammograms
for most women*



300

The number of extra
calories you need each
day while pregnant

*The exact frequency and type of screening you need may vary, depending on your personal risk factors. The prescribed approach should be based on shared decision-making between you and your doctor.

Learn more about women's health.
Visit the Live Healthy section of www.BlueChoiceSC.com.



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