

## **Disclosure Information**

### **The Well Women Visit: What's Included and What's Not**

Provided by the University of Missouri-Kansas City School of Nursing and Health Studies  
Jointly Provided by the Clinical Training Center for Sexual Reproductive Health

#### **Description:**

The well-woman visit is a cornerstone of preventive care in sexual and reproductive health settings, yet many providers remain uncertain about what is truly required, what is recommended, and what can be tailored based on an individual patient's needs. Misunderstandings about visit requirements can lead to unnecessary barriers to care, delayed services, and missed opportunities to support reproductive autonomy. This webinar provides a clear, evidence-based overview of the well-woman visit, drawing on current national clinical guidance. Participants will review the essential components of preventive reproductive health visits, clarify common misconceptions about exams and screening requirements, and explore how to structure visits in ways that support timely access to contraception, STI services, and other reproductive health care. Through practical examples and clinical scenarios, the session will highlight how to balance preventive screening with person-centered counseling and shared decision-making. Providers will leave with greater confidence in delivering comprehensive well-woman care while avoiding unnecessary requirements that can create barriers for patients.

#### **Objectives:**

- Differentiate between preventive services that are recommended during well-woman visits and those that are not required for the provision of contraception, STI services, or other sexual and reproductive health care.
- Recognize common misconceptions about screening exams and laboratory testing that may create unnecessary barriers to care.
- Apply person-centered approaches to structuring well-woman visits that support timely access to preventive services while respecting patient preferences, needs, and reproductive goals.

#### **Successful Completion:**

To receive contact hours, participants must complete the activity as well as complete the online evaluation and request for credit form. CNE, CME and Certificates of Completion will be emailed 4 – 6 weeks after submission of the online evaluation/request for credit form.

#### **Relevant Financial Relationships:**

In accordance with continuing education guidelines, the contributing presenters/trainers/authors and planning committee members have disclosed potential relevant financial relationships with ineligible companies. Ineligible companies are those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Trainer: Danielle Grimm, MPH, CNP, WHNP-BC, MSCP have no relevant financial relationships with ineligible companies to disclose.

Planning Committee: Denise Raybon, Sharon Colbert and Angela Bolen have no relevant financial relationships with ineligible companies to disclose.

Kristin Metcalf-Wilson, DNP, WHNP-BC serves on the advisory board for Afaxys Pharmaceuticals and is a Nexplanon trainer for Organon.

*All relevant financial relationships listed for these individuals have been mitigated.*

**Commercial Support/ Sponsorship:**

None.

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**Disclaimer**

Opinions expressed herein are the views of the contributors and do not reflect the official position of the Department of Health and Human Services (DHHS), the Office of Population Affairs (OPA), or the Clinical Training Center for Sexual and Reproductive Health (CTC-SRH). No official support or endorsement by DHHS, OPA, or CTC-SRH is intended or should be inferred.

**Accreditation Statements:**

**Continuing Nursing Education:**

The University of Missouri-Kansas City School of Nursing and Health Studies is accredited as a provider of continuing nursing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This program offers up to 1.0 for nurses.

**Continuing Medical Education:**

The AAFP has reviewed The Well Women Visit: What's Included and What's Not and deemed it acceptable for up to 1.00 Live AAFP Elective credit(s). Term of Approval is from 05/13/2026 to 05/13/2026. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Contact Angela Bolen at [bolena@umkc.edu](mailto:bolena@umkc.edu) or 816-235-6611 if you have questions regarding continuing education credit.