

Women's Health CHECKLIST

General Health

- Annual wellness exam.** Get a well-woman visit (annual physical) every year. Wellness visits include a physical exam, making sure you are up to date with your vaccinations, and screenings to check for diseases. Your healthcare provider may review healthy habits with you like diet and exercise or avoiding tobacco. If you have a chronic medical condition, more frequent visits may be necessary.

Bone Health

- Bone mineral density test.** Women reach peak bone mass at age 30, after which bone loss starts to occur.
 - Women aged 65 and older should have a bone mineral density test at least once in their lifetime.
 - Women younger than 65 with a risk of osteoporosis should also get screened.
 - No matter your age, it's important to keep bones strong and healthy. Ask your healthcare provider about weight-bearing and muscle-strengthening exercises that are safe for you.

Breast Health

- Clinical breast exam.** For women aged 20-39, your healthcare provider may perform a clinical breast exam every 1 to 3 years. For women aged 40 and over, your healthcare provider may perform an annual clinical breast exam.
- Mammogram.** This is recommended annually for women starting at age 40 or earlier if there is a family history of breast cancer.

Colorectal Health

- Colonoscopy.** If you are 50 or older, you should have a colonoscopy every 10 years.
 - Your healthcare provider may recommend that you have them before age 50 if you have a family history of colorectal cancer.

Diabetes

- Blood glucose test.** This screening starts at age 45 and is usually done every 3 years. Screenings may begin earlier if you are at risk for diabetes (e.g., being overweight, high blood pressure, high cholesterol, history of gestational diabetes).

Eye, Ear, and Dental Health

- Eye exam.** By age 40, all adults should receive a comprehensive eye evaluation. But see an ophthalmologist before age 40 if you have a preexisting eye disease, a family history of eye disease, or if you are at risk for a chronic condition such as glaucoma, high blood pressure, or diabetes, and if you experience visual changes, injury, or other ocular symptoms. If you are 65 years or older, be sure to have your eyes checked every 1-2 years for signs of cataracts, age-related macular degeneration, and glaucoma.
- Hearing test.** Talk with your healthcare provider about a hearing test if you are having any issues with your hearing.
- Dental exams and cleanings.** See your dentist every 6 to 12 months unless recommended otherwise.

Heart Health

- Blood pressure.** Have your blood pressure checked at least every 2 years, starting at age 20. If your blood pressure is below 120/80, it should be checked at least once every 2 years. Women with high blood pressure may need to be screened more often.
- Cholesterol.** Check your cholesterol every 4 to 6 years, starting at age 20. Women with high cholesterol, family history, and risk factors for conditions such as diabetes and high blood pressure, may need to be screened more often. If you are at risk for heart disease or stroke or have other risk factors, your healthcare provider may recommend that you have your blood pressure or cholesterol checked more often.

Immunizations

- Adults need to get shots (vaccinations), too. Ask your healthcare provider if you are up to date with your vaccines (e.g., flu shots, tetanus).
- Women over 60 should get a shot to prevent shingles. Shingles can cause a rash and pain that can last for months.
- Women over 65 may need vaccinations to prevent pneumonia, meningitis, and blood infections.
- If younger than 26, you should get the HPV vaccine (if you haven't received it already).

Mental/Emotional Health

- Talk with your healthcare provider about any mental or emotional concerns you have such as anxiety, depression, addiction, or eating disorders.

Reproductive Health/Sexual Health

- Cervical cancer screening**
 - Women in their 20s should have a Pap test every 3 years to screen for cervical cancer.
 - If you are aged 30 to 65, you should have a Pap test and a human papillomavirus (HPV) test every 5 years or a Pap test only every 3 years.
 - Women aged 65 to 70 can stop screenings after having 3 or more normal Pap tests in a row or no abnormal results in 10 years.
- Sexually transmitted infections**
 - If you are between 13 and 64 years of age, you should get tested for HIV at least once as part of your routine health care. Women with occasional exposure to HIV risks should get tested at least once each year.
 - Pregnant women should also be screened for HIV at the start of the pregnancy.
 - If you are sexually active and under 25, you should be screened for gonorrhea and chlamydia until age 25. If you are over 25, talk with your healthcare provider about screening.

Skin Health

- Speak with your healthcare provider if you notice any skin changes or unusual moles, or if you have a family history of skin cancer.
 - Protect your skin from the sun's ultraviolet rays by putting on sunscreen and wearing sunglasses, a hat, and long-sleeved clothing.

These screening guidelines are not comprehensive for all women. Talk to your healthcare provider to determine a prevention plan tailored to your individual health needs.