

WOMEN'S HEALTH CHECK-UP CHECKLIST

Check-ups, screenings and treatments may differ based on your health status and risk factors. Check with your Adena primary care provider to discuss which will benefit you.

Common Check - Ups and Screenings	Time Frame	19-39	40-49	50+
Physical - Thorough check of overall health and well-being.	Every 3 Years	✓		
	Every 2 Years		✓	
	Every Year			✓
Blood Pressure - High blood pressure has no symptoms but can cause damage to organs.	Every Year	✓	✓	✓
Blood & Urine Tests	Every 3 Years	✓		
	Every 2 Years		✓	
	Every Year			✓
EKG - Checks heart rhythm	Baseline age 30	✓		
	Every 4 Years		✓	
	Every 3 Years			✓
Preventative Care Exams - Dental Hearing and Vision	Every 6 Months	✓	✓	✓
	Every Year	✓	✓	✓
Bone Health	Postmenopausal		✓	✓
Sexually Transmitted Diseases (STDs)	Discuss with your Adena Provider	✓	✓	✓
Oral Health & Cancer - Mouth and Throat Exam	Every Year	✓	✓	✓
Self Exams: Breast and Skin	Every Month Discuss findings with your Adena Provider	✓	✓	✓
Breast Health & Cancer Screening - Clinical Breast Exam by a provider	Every Year	✓	✓	✓
Screening Mamogram			✓	✓
Reproductive Health & Cervical Cancer - Gynecological Pelvic Exam and Pap Smear	Beginning at age 21 Every 1-3 years after 3 normal tests	✓	✓	✓
Colon & Rectal Health & Cancer - Screening Colonoscopy exam to prevent cancer.	Beginning at age 50. Every 10 Years based on results			✓
Lung Health & Cancer - Chest CT	For current or former smoker between ages 55-77			✓

To Find an Adena Provider, Call
740-779-FIND (3463)

