

Take Care of You: A Wellness Guide for Women

Women are masters of multitasking. But amid juggling life's responsibilities and taking care of others, your own wellness may land at the end of the to-do list. This is an important reminder: Your health matters!

Below is the ultimate care package for your health, with screenings and recommendations. This information serves as a starting point. Discuss it with your healthcare provider to fit your unique needs. Above all, use it – these tests and visits will make a difference in your overall health, and that is what really matters.



Care for All Ages

- Annual well-woman visit: This is a full checkup focused on preventive care. Bring a list of questions about your health concerns and ask whether your vaccines are up-to-date.
- Eye exam: Check with your primary care provider (PCP) – you may need a yearly eye exam.
- Screening for anxiety and depression: Talk openly with your PCP about your emotions at your visits. They are there to help.
- Diabetes blood test: If you show symptoms or are at risk for diabetes, your PCP may recommend this test.
- HIV blood or saliva test: Everyone should be tested at least once.



Screenings: Your 20s & 30s

- Blood pressure: at least once a year
- Cholesterol: at least every 4-6 years
- Mammogram: one baseline screening, ages 35-39
- Pap test and/or HPV test: every 3-5 years, ask your PCP



Screenings: Your 60s & Older

- Blood pressure: at least once a year
- Cholesterol: at least every 4-6 years
- Mammogram: every year
- Bone density test: after menopause
- Pap test and/or HPV test: every 3-5 years, depending on the test (you may be able to stop screening after age 65)
- Colonoscopy: every 10 years, starting at age 45, or as recommended based on your prior colonoscopy



Screenings: Your 40s & 50s

- Blood pressure: at least once a year
- Cholesterol: at least every 4-6 years
- Mammogram: every year
- Pap test and/or HPV test: every 3-5 years, ask your PCP
- Colonoscopy: every 10 years, starting at age 45, or as recommended based on your prior colonoscopy
- Bone density test: after menopause

Screenings: Pregnancy & Postpartum Tests

- Gestational diabetes: after 24 weeks of pregnancy
- Diabetes: within a year after pregnancy, if you had gestational diabetes
- Postpartum depression: after giving birth



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