



In Adolescence *meeting the new you*

Here's an important tip:
Doctors recommend that girls and young women your age should actively think about personal health. That's because good health habits will not only help you now, but also throughout your adult life.

General Health

- Full checkup – Including height and weight
- Sleep Habits – Discuss any concerns with your doctor.

Heart Health

- Blood pressure test – At least every two years

Breast Health

- Breast self-exam – Although research results do not support an official recommendation, knowing your body is key to pointing out any concerns to your doctor.

Reproductive Health

- Menstruation – Talk to your doctor about any menstrual problems.
- Pelvic exam – Yearly beginning at age 21, or once you are sexually active

Eye and Ear Health

- Discuss any vision or hearing difficulties with your doctor.

Skin Health

- Dermatologic – Monitor skin for changes in moles or other skin lesions. Bring these to the attention of your doctor.

Oral Health

- Dental cleaning and exam – Every 12 months; discuss with your dentist.

Immunizations

- Seasonal flu shot – Yearly
- Tetanus-diphtheria-pertussis booster vaccine – Once every 10 years
- Human papillomavirus (HPV) vaccine – Discuss with your doctor.
- Meningococcal vaccine – Discuss with your doctor.

Mental Health/Lifestyle

- If you are having emotional or coping issues, talk to your doctor.
- Report any type of abuse to your doctor.



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In Your 20s
energy that's boundless

As a woman in your 20s,
you're learning the rhythms of your
body and facing each day with passion for life.
Now is the time to find out how to stay
happy, healthy and strong.

General Health

- Full checkup – Including weight and height
- Sleep habits – Discuss at your annual exam.
- Thyroid (TSH) test – Discuss with your doctor or nurse.

Heart Health

- Blood pressure test – At least every two years
- Baseline cholesterol panel – Total, LDL, HDL and triglycerides

Diabetes Screening

- Blood glucose or A1c test – Discuss with your doctor or nurse.

Breast Health

- Breast self-exam – Although research results do not support an official recommendation, knowing your body is key to pointing out any concerns to your doctor.
- Clinical breast exam – At least every three years starting in your 20s

Reproductive Health

- Pap test – Every two years; discuss with your doctor or nurse.
- Pelvic exam – Yearly beginning at age 21
- Sexually transmitted infection (STI) tests – Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.
- Get a chlamydia test yearly until age 25 if sexually active. After age 26, get this test if you have new or multiple partners.

Mental Health/Lifestyle

- If you are having emotional or coping issues, talk to your doctor.
- Report any type of abuse to your doctor.

Eye and Ear Health

- Discuss any vision or hearing difficulties with your doctor.

Skin Health

- Dermatologic – Monitor skin for changes in moles or other skin lesions. Bring these to the attention of your doctor.

Oral Health

- Dental cleaning and exam – Every 12 months; discuss with your dentist.

Immunizations

- Seasonal flu shot – Yearly
- Tetanus-diphtheria-pertussis booster vaccine – Once every 10 years
- Human papillomavirus (HPV) vaccine – Discuss with your doctor.
- Meningococcal vaccine – Discuss with your doctor.

*Young women are at increased risk for rape and abuse in dating situations or friendship/acquaintance relationships. Report any type of abuse to a healthcare provider.

Sources: U.S. Department of Health and Human Services Office of Women's Health Centers for Disease Control and Prevention



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In Your 30s *building a real future*

As a woman in your 30s, life is full of possibilities to build relationships, responsibilities, family and career. Your sense of who you are is stronger than ever before. Now is the time to create a strong foundation to protect your health into the future.

General Health

- Full checkup – Including weight and height
- Sleep habits – Discuss at your annual exam.
- Thyroid (TSH) test – Discuss with your doctor or nurse.

Heart Health

- Blood pressure test – At least every two years
- Cholesterol panel – Total, LDL, HDL and triglycerides; discuss with your doctor or nurse.

Diabetes Screening

- Blood glucose or A1c test – Discuss with your doctor or nurse.

Breast Health

- Breast self-exam – Although research results do not support an official recommendation, knowing your body is key to pointing out any concerns to your doctor.
- Clinical breast exam – At least every three years

Reproductive Health

- Pap test – Every three years; discuss with your doctor or nurse.
- Pelvic exam – Yearly
- Sexually transmitted infection (STI) tests – Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.
- Get a chlamydia test if sexually active. After age 26, get this test if you have new or multiple partners.

Mental Health/Lifestyle

- If you are having emotional or coping issues, talk to your doctor.
- Report any type of abuse to your doctor.

Eye and Ear Health

- Discuss any vision or hearing difficulties with your doctor.

Skin Health

- Dermatologic – Monitor skin for changes in moles or other skin lesions. Bring these to the attention of your doctor.

Oral Health

- Dental cleaning and exam – Every 12 months; discuss with your dentist.

Immunizations

- Seasonal flu shot – Yearly
- Tetanus-diphtheria-pertussis booster vaccine – Once every 10 years
- Human papillomavirus (HPV) vaccine – If your vaccine series is incomplete, discuss with your doctor or nurse.
- Meningococcal vaccine – Discuss with your doctor.

Sources: U.S. Department of Health and Human Services Office of Women's Health Centers for Disease Control and Prevention



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In Your 40s *confident and secure*

As a woman in your 40s, you have “caught the spirit” of your life. You are recognizing what challenges you and discovering pathways to success and satisfaction. Now is the time to turn your awareness of good health into action.

General Health

- Full checkup – Including weight and height
- Sleep habits – Discuss at your annual exam.
- Thyroid (TSH) test – Discuss with your doctor or nurse.

Heart Health

- Blood pressure test – At least every two years
- Cholesterol panel – Total, LDL, HDL and triglycerides; discuss with your doctor or nurse.

Diabetes Screening

- Blood glucose or A1c test – Start at age 45, then every three years.

Breast Health

- Breast self-exam – Although research results do not support an official recommendation, knowing your body is key to pointing out any concerns to your doctor.
- Mammogram – Every 1 to 2 years; discuss with your doctor or nurse.
- Clinical breast exam – Yearly

Reproductive Health

- Pap test – Every three years; discuss with your doctor or nurse.
- Pelvic exam – Yearly
- Sexually transmitted infection (STI) tests – Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.
- Get a chlamydia test if you have new or multiple partners.

Mental Health/Lifestyle

- If you are having emotional or coping issues, talk to your doctor.
- Report any type of abuse to your doctor.

Eye and Ear Health

- Discuss any vision or hearing difficulties with your doctor.

Skin Health

- Dermatologic – Monitor skin for changes in moles or other skin lesions. Bring these to the attention of your doctor.

Oral Health

- Dental cleaning and exam – Every 12 months; discuss with your dentist.

Immunizations

- Seasonal flu shot – Yearly
- Tetanus-diphtheria-pertussis booster vaccine – Once every 10 years

Sources: U.S. Department of Health and Human Services Office of Women's Health Centers for Disease Control and Prevention



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In Your 50s *a new lease on life*

As a woman in your 50s, life is full of vital changes. This is a chance to remodel your life in any way you like. Now is the time to keep your health needs and good habits at the center of your life.

General Health

- Full checkup – Including weight and height
- Sleep habits – Discuss at your annual exam.
- Thyroid (TSH) test – Discuss with your doctor or nurse.

Heart Health

- Blood pressure test – At least every two years
- Cholesterol panel – Total, LDL, HDL and triglycerides; discuss with your doctor or nurse.

Diabetes Screening

- Blood glucose or A1c test – Every three years.

Breast Health

- Breast self-exam – Although research results do not support an official recommendation, knowing your body is key to pointing out any concerns to your doctor.
- Mammogram – Every 1 to 2 years; discuss with your doctor or nurse.
- Clinical breast exam – Yearly

Reproductive Health

- Pap test – Every three years; discuss with your doctor or nurse.
- Pelvic exam – Yearly
- Sexually transmitted infection (STI) tests – Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.
- Get a chlamydia test if you have new or multiple partners.

Mental Health/Lifestyle

- If you are having emotional or coping issues, talk to your doctor.
- Report any type of abuse to your doctor.
- Discuss end of life planning with your doctor.

Colorectal Health (use **one** of these three methods)

- Colonoscopy – Every 10 years
- Flexible sigmoidoscopy (With fecal occult blood test) – Every five years
- Fecal occult blood test – Yearly

Eye and Ear Health

- Discuss any vision or hearing difficulties with your doctor.

Skin Health

- Dermatologic – Monitor skin for changes in moles or other skin lesions. Bring these to the attention of your doctor.

Oral Health

- Dental cleaning and exam – Every 12 months; discuss with your dentist.

Immunizations

- Seasonal flu shot – Yearly
- Tetanus-diphtheria-pertussis booster vaccine – Once every 10 years

Sources: U.S. Department of Health and Human Services Office of Women's Health Centers for Disease Control and Prevention

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In Your 60s *a real love for living*

As a woman in your 60s, you have perspective and experiences that bring wisdom and zest to life. Defying preconceived notions of aging, you are a source of energy, beauty and inspiration. Continue to nurture your health so that you can get the most out of life.

General Health

- Full checkup – Including weight and height
- Sleep habits – Discuss at your annual exam.
- Thyroid (TSH) test – Discuss with your doctor or nurse.

Heart Health

- Blood pressure test – At least every two years
- Cholesterol panel – Total, LDL, HDL and triglycerides; discuss with your doctor or nurse.

Diabetes Screening

- Blood glucose or A1c test – Every three years.

Breast Health

- Breast self-exam – Although research results do not support an official recommendation, knowing your body is key to pointing out any concerns to your doctor.
- Mammogram – Every 1 to 2 years; discuss with your doctor or nurse.
- Clinical breast exam – Yearly

Reproductive Health

- Pap test – Discuss with your doctor or nurse.
- Pelvic exam – Yearly
- Sexually transmitted infection (STI) tests – Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.
- Get a chlamydia test if you have new or multiple partners.

Mental Health/Lifestyle

- If you are having emotional or coping issues, talk to your doctor.
- Report any type of abuse to your doctor.
- Discuss end of life planning with your doctor.

Colorectal Health (use **one** of these three methods)

- Colonoscopy – Every 10 years
- Flexible sigmoidoscopy (With fecal occult blood test) – Every five years
- Fecal occult blood test – Yearly

Eye and Ear Health

- Discuss any vision or hearing difficulties with your doctor.

Skin Health

- Dermatologic – Monitor skin for changes in moles or other skin lesions. Bring these to the attention of your doctor.

Oral Health

- Dental cleaning and exam – Every 12 months; discuss with your dentist.

Immunizations

- Seasonal flu shot – Yearly
- Tetanus-diphtheria-pertussis booster vaccine – Once every 10 years
- Pneumococcal vaccine – Discuss with your doctor.
- Herpes zoster vaccine – (to prevent shingles) One time only; discuss with your doctor or nurse.

Sources: U.S. Department of Health and Human Services Office of Women's Health Centers for Disease Control and Prevention

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In Your 70s and Beyond ready to give back

As a woman in your 70s or beyond, you have the freedom to be yourself and give careful thought to the future. Time to enjoy what pleases you, share life secrets, reflect on your achievements and work with your health team to help you live your best life now.

General Health

- Full checkup – Including weight and height
- Sleep habits – Discuss at your annual exam.
- Thyroid (TSH) test – Discuss with your doctor or nurse.

Heart Health

- Blood pressure test – At least every two years
- Cholesterol panel – Total, LDL, HDL and triglycerides; discuss with your doctor or nurse.

Diabetes Screening

- Blood glucose or A1c test – Every three years.

Breast Health

- Breast self-exam – Although research results do not support an official recommendation, knowing your body is key to pointing out any concerns to your doctor.
- Mammogram – Every 1 to 2 years; discuss with your doctor or nurse.
- Clinical breast exam – Yearly

Reproductive Health

- Pap test – Discuss with your doctor or nurse.
- Pelvic exam – Yearly
- Sexually transmitted infection (STI) tests – Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.
- Get a chlamydia test if you have new or multiple partners.

Mental Health/Lifestyle

- If you are having emotional or coping issues, talk to your doctor.
- Report any type of abuse to your doctor.
- Discuss end of life planning with your doctor.

Colorectal Health (use **one** of these three methods – after age 75 discuss with your doctor or nurse.)

- Colonoscopy – Every 10 years
- Flexible sigmoidoscopy (With fecal occult blood test) – Every five years
- Fecal occult blood test – Yearly

Eye and Ear Health

- Discuss any vision or hearing difficulties with your doctor.

Skin Health

- Dermatologic – Monitor skin for changes in moles or other skin lesions. Bring these to the attention of your doctor.

Oral Health

- Dental cleaning and exam – Every 12 months; discuss with your dentist.

Immunizations

- Seasonal flu shot – Yearly
- Tetanus-diphtheria-pertussis booster vaccine – Once every 10 years
- Pneumococcal vaccine – Discuss with your doctor.
- Herpes zoster vaccine – (to prevent shingles) One time only; discuss with your doctor or nurse.

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