

Complete Your Annual Physical and Recommended Women's Health Screenings Today.

1. Choose a primary care provider. *To locate a provider please visit bellinsearch.org.*
2. Stay up-to-date on physicals and screenings. (See chart below.)
3. Don't put yourself last. Talk to your provider about specific concerns right away.

Recommended Women's Health Maintenance

Note: Each age includes all prior recommendations.¹

Any Age

- Flu shot annually
- Tetanus shot every 10 years
- Breast self-exam monthly
- Skin cancer self-exam regularly
- Diabetes screening if you have high blood pressure or high cholesterol
- STD test regularly if you are at increased risk for Chlamydia, Gonorrhea, HIV, or Syphilis
- Mental health screening if you've felt "down", hopeless, or have lack of interest in normal activities for 2 weeks in a row. (Get immediate help if you have thoughts of suicide.)

Under 30

- Physical annually (blood pressure, BMI, pelvic exam, breast exam)
- Cervical cancer screening (pap smear) every 1-3 years

Age 30+

- HPV test at least every 5 years
- Cholesterol test every 5 years starting at age 35

Age 40+

- Baseline mammogram

Age 50+

- Mammogram every 2 years
- Colonoscopy every 10 years
- Pneumonia vaccine at age 65+
- Osteoporosis screening (bone mineral density test) at least once at age 65

¹These guidelines are for healthy women. Follow the advice of your primary care provider based on your individual health status.

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