

Women's Health

Caring for You

No matter what your age, it is important to find a primary care provider who can address your health needs.

20's—30's

- Find a provider you respect and trust.
- Share your personal and family history.
- Discuss how often you should be seen and your plan for good health.
- Create and stick to healthy choices.
- Learn self-care for physical and emotional health.
- Surround yourself with good relationships.

Common Health Topics In Your 20'S And 30'S

- Problems with periods
- Sexual health
- Family planning, pregnancy, or trouble getting pregnant
- Healthy weight
- Preventing bone loss
- Stress, depression, and anxiety
- Immunizations such as flu shots

30

Each Month

- Breast Care**
Be aware of how your breasts look and feel
- Skin Check**
Look for any new or changed moles or marks
- Mood Check**
Check in with how you are feeling on average emotionally.

Calendar icon

Each Year if Advised

- Meet with your primary care provider
- Blood pressure and weight check
- Sexual health
- Emotional health check-in
- Dental check

Calendar icon with plus sign

Based on Your Health Needs

- Pelvic exam and pap smear
- Blood sugar testing
- Cholesterol testing
- Full physical exam

- See your primary care provider each year.
- Muscle mass is important to maintain in your 40's. Adding weight training in your workouts can help prevent losing muscle and osteoporosis.
- Make time to care for yourself, even 10 minutes a day can help relieve stress.
- Surround yourself with those that care for you and your health.

Common Health Topics In Your 40's

- Perimenopause
- Sexual health
- Cancer prevention
- Obesity
- Diabetes
- Depression and anxiety
- Immunizations



Each Month

- Breast Care**
Be aware of how your breasts look and feel
- Skin Check**
Look for any new or changed moles or marks
- Mood Check**
Check in with how you are feeling on average emotionally.



Each Year if Advised

- Meet with your primary care provider
- Blood pressure and weight check
- Sexual health
- Emotional health check-in
- Dental check



Based on Your Health Needs

- Pelvic exam and pap smear
- Blood sugar testing
- Cholesterol testing
- Colon cancer screening

- See your primary care provider each year.
- As your body ages, you may choose new routines to keep your body moving.
- Sleep patterns may change as you get older. 7-9 hours each night should still be your goal.
- Maintain a healthy weight to prevent a number of diseases.
- Stay active and engaged as life changes. Include learning new skills and taking part in social activities.

Common Health Topics In Your 50's

- Menopause
- Sexual health
- Cancer
- Obesity
- Diabetes
- Heart disease and stroke
- High blood pressure
- Osteoporosis
- Depression and anxiety
- Immunizations



Each Month

- Breast Care**
Be aware of how your breasts look and feel
- Skin Check**
Look for any new or changed moles or marks
- Mood Check**
Check in with how you are feeling on average emotionally.



Each Year if Advised

- Meet with your primary care provider
- Blood pressure check
- Height and weight
- Dental check
- Mammogram
- Vision screening



Based on Your Health Needs

- Pelvic exam and pap smear
- Cholesterol testing
- Colonoscopy
- Diabetes screening
- Bone health