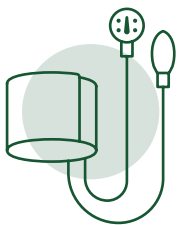


THE CHECKUPS & SCREENINGS WOMEN NEED, AT EVERY AGE

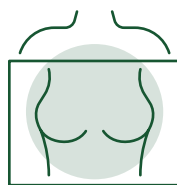
Every Age

- Regular checkups for weight, blood pressure, and certain lab tests as recommended by your doctor
- Mental health screening
- Skin exam
- Oral health screening/ dental visit
- Routine vaccinations



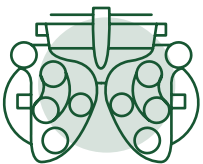
40s

- Colorectal screening (starting at 45)
- Cholesterol screening, every 3-5 years
- Breast exam/mammogram
- Diabetes screening
- Vision and eye exam



20s–30s

- Clinical breast exam
- Pap smear (cervical cancer screening)
- Vision and eye exam
- STI testing



50s–60s and Beyond

- Bone density testing
- Breast exams/mammograms
- Cholesterol screening, every 3-5 years
- Cervical cancer screening
- Colorectal screening
- Vision and eye exam



*Talk to your provider about your recommended screenings.