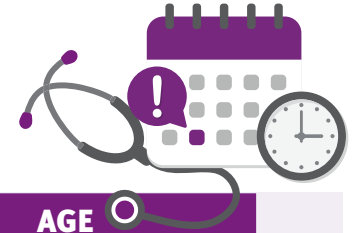


# Women's Health

Preventive care is important for maintaining your health. Discuss this checklist and personal risk factors with your health care provider. They may recommend you start screenings earlier or with more frequency.

## A Preventive Care Guide By Age



### AGE 21-44

Annual well-woman exam consisting of:

- ✓ Breast exam
- ✓ Pelvic exam
- ✓ Cervical cancer screening (age 21-64)

✓ Sexually transmitted infection screening throughout your life (if sexually active)

✓ Cholesterol screening

### AGE 45-74

- ✓ Annual well-woman exam
- ✓ Colorectal cancer screening (age 45-75)
- ✓ Breast cancer screening (age 50 -75)
- ✓ Osteoporosis screening (from age 65)

### AGE 75+

- ✓ Annual primary care physical exam
- ✓ Cancer screenings as recommended
- ✓ Osteoporosis screening as recommended

*No matter your gender identity, preventive care is recommended in the presence of associated body parts, for example breasts or cervix.*