



May 12–18, 2013  
womenshealth.gov/nwhw

## National Women's Checkup Day Fact Sheet

### What is National Women's Checkup Day?

National Women's Checkup Day is a nationwide effort, coordinated by the U.S. Department of Health and Human Services' Office on Women's Health, to:

- Encourage women to call and visit health care professionals to schedule and receive checkups; and
- Promote regular checkups as vital to the early detection of heart disease, diabetes, cancer, mental health illnesses, sexually transmitted infections, and other conditions.

### When is National Women's Checkup Day?

The 11th annual National Women's Checkup Day will be Monday, May 13, 2013, during National Women's Health Week.

### Why is it important for women to participate in this effort?

Regular checkups provide a number of benefits to women:

- Screening tests, such as mammograms and Pap tests, can find diseases early, when they are easier to treat. Some women need certain screening tests earlier or more often than other women do.
- Screenings and routine care can help women lower their risks of many health conditions, including heart disease.

### How can women participate in this important event?

There are several ways for women to participate in National Women's Checkup Day:

- Contacting their current health care professionals to schedule checkups or visiting to get important screenings on National Women's Checkup Day.
- Discussing with their health care professionals which screenings and tests are right for them and when and how often they should have them.
- Visiting [go.usa.gov/nH9](http://go.usa.gov/nH9) to learn which screenings and immunizations they need and at what age to get them.
- Taking the Checkup Day Pledge at [go.usa.gov/nH5](http://go.usa.gov/nH5) and pledging to schedule at least one preventive health screening during May 2013.

For more information about National Women's Checkup Day and National Women's Health Week, visit [womenshealth.gov/nwhw/](http://womenshealth.gov/nwhw/) or call 800-994-9662.

