

YOUR HEALTH JOURNEY:


Screenings and Discussions for Every Stage of Life


EMPOWER YOURSELF with knowledge about routine health care screenings and appointments to ensure you stay healthy through all stages of life.


If you have a family history of a disease or are concerned about your health and think you need a screening sooner, talk with a health care provider, such as a doctor or nurse practitioner. If you are pregnant or think you are pregnant, talk with your health care provider about establishing routine prenatal care.




Lifelong Health Tips for **EVERY WOMAN**

 **Checkups Are Key.** Make sure to see your health care provider every year. Exams can include checking your heart health, safety and well-being, birth control needs, sun exposure, and use of tobacco, alcohol, and other substances. Talk with your health care provider about routine and age-specific vaccines and screenings.

 **Health History Matters.** Share your health history, such as diseases and illnesses, and medications. Information about your pregnancy history and any complications, as well as your menstrual cycles, is important, too. If available to you, also share your family's health history, especially health conditions that affected your parents, siblings, or grandparents.

 **Remember Vision, Hearing, and Dental Health.** Health care providers also include vision, hearing, and dental specialists. Establish checkup routines that meet your needs and preferences. Try to address issues before or quickly after they begin.

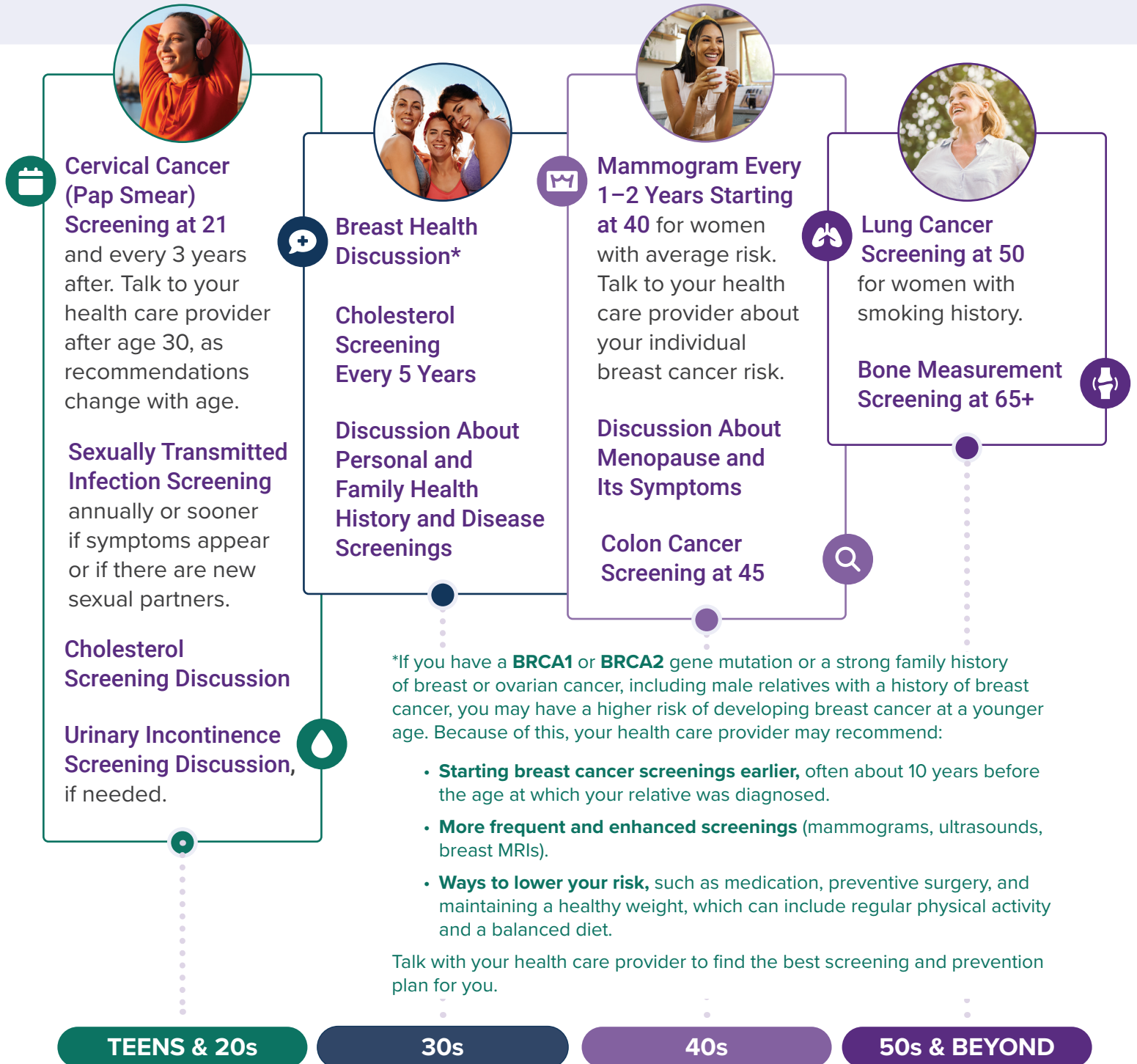
 **Be Open with Your Health Care Provider.** They are there to help. Ask questions or share any concerns. Open communication with your health care provider can help you make informed decisions about your health care.



Age-Specific Guidance

The suggested screenings and discussions below are meant to be repeated throughout life, but their frequency may change with age or because of personal or family history.

These items are a starting point and should not limit your health care interactions.



Many screenings that begin in your 20s, 30s, and 40s should occur regularly across the lifespan. Be sure to check the routine screenings for every age group, note how often they should occur, and ask your health care provider about what routine screenings are right for you.

Learn More

Visit <https://www.womenshealth.gov> to learn more about health considerations at every age.