


HEALTH CHECK: PREVENTIVE GUIDELINES FOR ADULT WOMEN

Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
It's never too early for your health!	Start healthy habits today!	A healthy lifestyle is the best treatment!	Aging gracefully begins with healthy habits!	As active and healthy as can be!
Get your blood pressure checked.	Get your blood pressure checked.	Get your blood pressure checked.	Get your blood pressure checked.	Get your blood pressure checked.
Get a PAP test every year.	Get a PAP test every year.	Get a PAP test every year.	Get a PAP test every 3 years.	Ask your doctor about colorectal cancer screening .
Get screened for sexually transmitted infections such as chlamydia and HIV.	Get screened for sexually transmitted infections such as chlamydia and HIV.		Get screened for sexually transmitted infections such as chlamydia and HIV.	Mammograms every year until 70.
Are you planning or able to get pregnant ? You should take folic acid supplements.	Are you planning or able to get pregnant ? You should take folic acid supplements.		Check your cholesterol every 5 years.	Check your cholesterol every 5 years.
Shots are not just for kids! Get adult booster shots and seasonal flu shots as needed.	Shots are not just for kids! Get adult booster shots and seasonal flu shots as needed.	Shots are not just for kids! Get adult booster shots and seasonal flu shots as needed.	Shots are not just for kids! Get adult booster shots and seasonal flu shots as needed.	Shots are not just for kids! Get adult booster shots and seasonal flu shots as needed.
Enjoy your alcohol in moderate amounts.	Ask your doctor if you need a cholesterol check .	Get screened for STIs such as chlamydia and HIV.	Get a mammogram every year.	Get your bone density checked.
Get help to quit smoking!	Get a baseline mammogram at 35.	Check your cholesterol every 5 years.	Ask your doctor about colorectal cancer screening .	Talk to your doctor about how aspirin can keep strokes away!
		Get a mammogram every year	Talk to your doctor about how aspirin can keep strokes away!	Depressed? Talk to your doctor about getting help.
		Depressed? Talk to your doctor about getting help.	Manage your menopause! Talk to your doctor about steps to make you more comfortable.	