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	Start healthy habits	A healthy lifestyle is	Aging gracefully begins	As active and healthy
for your health!	today!	the best treatment!	with healthy habits!	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	Get screened for sexually		Get screened for sexually	
transmitted infections such	transmitted infections		transmitted infections such as	Mammograms every year
as chlamydia and HIV.	such as chlamydia and HIV.		chlamydia and HIV.	until 70.
Are you planning or able to	Are you planning or able to		Check your cholesterol every 5	Check your cholesterol every
get pregnant? You should	get pregnant? You should		years.	5 years.
take folic acid supplements.	take folic acid supplements.			
			Shots are not just for kids! Get	Shots are not just for kids!
Shots are not just for kids!	Shots are not just for kids!	Shots are not just for kids!	adult booster shots and	Get adult booster shots and
Get adult booster shots and	Get adult booster shots	Get adult booster shots and	seasonal flu shots as needed.	seasonal flu shots as needed.
seasonal flu shots as	and seasonal flu shots as	seasonal flu shots as needed.		
needed.	needed.		Get a mammogram every year.	Get your bone density
e	Ack your doctor if you pood	Get screened for STIs such as		checked.
Enjoy your alcohol in	Ask your doctor if you need a cholesterol check .	chlamydia and HIV.	Ask your doctor about	
moderate amounts.			colorectal cancer screening.	Talk to your doctor about how
Get help to quit smoking!	Get a baseline	Check your cholesterol every	Talk to your doctor about how	aspirin can keep strokes away!
	mammogram at 35.	5 years.	aspirin can keep strokes away!	avvay:
		Get a mammogram over ver	aspiriti call keep sciokes away!	Depressed? Talk to your
		Get a mammogram every year	Manage your menopause! Talk	doctor about getting help.
		Depressed? Talk to your	to your doctor about steps to	