Schedule Your Well-Woman Visit

Did you know? A well-woman visit is a yearly checkup with your doctor to talk about your health and to get preventive screenings.

More than 75% of women 40 to 60 years old have at least one risk factor for heart disease, the most common cause of death in women in the United States.¹ Ask your doctor about your blood pressure and cholesterol.

Regular Pap tests lower the number of new cervical cancers and deaths by more than 80%.² Talk to your doctor about when to get a Pap test and a test for human papillomavirus (HPV).

Almost 1 out of every 2 pregnancies is not planned.³ Talk to your doctor about family planning and birth control if you haven’t gone through menopause.

Tips

You can choose from any primary care provider or OB-GYN in your health plan’s network without a referral. Before you go to your well-woman visit, remember to:

- Go to womenshealth.gov/nwhw/by-age and print out your steps for better health to get the conversation started!
- Bring a list of your medications and know why you take them.
- Make a list of your questions and concerns.

Schedule your well-woman visit

A well-woman visit is a time to see your health care provider to:

- Discuss family history, family planning, and personal habits, such as alcohol and tobacco use
- Schedule necessary tests, such as screenings for high blood pressure, high cholesterol, and sexually transmitted infections
- Set health goals, such as being active and maintaining a healthy weight

Learn which screenings women need at womenshealth.gov/nwhw/by-age.

Learn more about National Women’s Health Week at womenshealth.gov/nwhw.

Sources

¹ www.nhlbi.nih.gov/health/health-topics/topics/hdw/atrisk.html
³ www.ncbi.nlm.nih.gov/pubmed/26962904