

# Wellness & Prevention Checklist For Women

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Take this checklist with you to your doctor's office. Write down when you have any of the tests below. Talk to your doctor about your test results and write them down here. Ask when you should have the test next. Write down the month and year. If you think of questions for the doctor, write them down and bring them to your next visit.

Screening Test	Last Test Date	Results	Next Test Due Date	Questions For The Doctor
<b>High Blood Pressure:</b> Have your blood pressure checked at least every two years. High blood pressure is 140/90 or higher.				
<b>Chlamydia and Other Sexually Transmitted Infections:</b> Have a test for Chlamydia if you are 25 or younger and sexually active. If you are older, talk to your doctor to see whether you should be tested. Also, talk to your doctor to see whether you should be tested for other sexually transmitted diseases.				
<b>High Cholesterol:</b> Have your cholesterol checked regularly starting at age 45. If you are younger than 45, talk to your doctor about whether to have your cholesterol checked if: you have diabetes; you have high blood pressure; heart disease runs in your family; you smoke.		Total: _____ HDL (Good): _____ LDL (Bad): _____ Triglyceride: _____		
<b>Colorectal Cancer:</b> Begin regular screening for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you.				
<b>Depression:</b> If you've felt "down," sad or hopeless, or felt little interest or pleasure in doing things for two weeks straight, talk to your doctor about whether you should be screened for depression.				
<b>Diabetes:</b> Have a test to screen for diabetes if you have high blood pressure or high cholesterol.				
<b>Breast Cancer:</b> Have a mammogram every one to two years starting at age 40.				
<b>Osteoporosis:</b> Have a bone density test at age 65 to screen for osteoporosis (thinning of the bones). If you are between the ages of 60 and 64 and weigh 154 pounds or less, talk to your doctor about whether you should be tested.				
<b>Cervical Cancer:</b> Have a Pap smear every one to three years if you: have ever been sexually active; are between the ages of 21 and 65.				
<b>Obesity:</b> Have your body mass index (BMI) calculated to screen for obesity. (BMI is a measure of body fat based on height and weight.) You can also find your own BMI with the BMI calculator from the National Heart, Lung, and Blood Institute at: <a href="http://www.nhlbisupport.com/bmi/">http://www.nhlbisupport.com/bmi/</a> .		Height: _____ Weight: _____ BMI: _____		
<b>HIV Infection:</b> Have a test to screen for HIV infection if you: have had unprotected sex with multiple partners; are pregnant; have used or now use injection drugs; exchange sex for money or drugs or have sex partners who do; have past or present sex partners who are HIV-infected, are bisexual, or use injection drugs; are being treated for sexually transmitted diseases; had a blood transfusion between 1978 and 1985.				

Medicines To Prevent Disease
<b>Breast Cancer Drugs:</b> If your mother, sister, or daughter has had breast cancer, talk to your doctor about the risks and benefits of taking medicines to prevent breast cancer.
<b>Aspirin Therapy:</b> Ask your doctor about taking aspirin to prevent heart disease if you are: older than 45; younger than 45 and have high blood pressure, have high cholesterol, have diabetes, smoke.
<b>Immunizations:</b> Stay up-to-date with your immunizations: have a flu shot every year starting at age 50; if you are younger than 50, ask your doctor whether you need a flu shot. Have a pneumonia shot once after you turn 65. If you are younger, ask your doctor whether you need a pneumonia shot.

*Guidelines adopted from the Department of Health and Human Services Agency for Healthcare Research and Quality*

Please note: The co-payment for these covered services may vary depending on your plan. In general, UHA 3000 covers these services fully, while other UHA plans may require co-payments. Please refer to your Member Benefits Guide to determine the exact co-payment for your plan.

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