

## 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>Blood Pressure:</b> Starting at age 18, have your blood pressure checked at least every 2 years. High blood pressure is 140/90 or higher. Your doctor may recommend that you have your blood pressure checked more often.				
<b>Breast Cancer:</b> Ask your health care team whether a mammogram is right for you based on your age, family history, overall health, and personal concerns.				
<b>Cervical Cancer:</b> Have a Pap smear every 1 to 3 years if you: have ever been sexually active; are between the ages of 21 and 65. If you are older than 65 and recent Pap smears were normal, you do not need a Pap smear.				
<b>Chlamydia and Other Sexually Transmitted Infections:</b> Have a test for Chlamydia if you are 24 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>Cholesterol:</b> Starting at age 20, have your cholesterol checked regularly if: you use tobacco; are obese; have diabetes or high blood pressure; have a personal history of heart disease or blocked arteries; or if you have a man in the family had a heart attack before age 50 or a woman, before age 60.		Total: _____ HDL (Good): _____ LDL (Bad): _____ Triglyceride: _____		
<b>Colorectal Cancer:</b> Begin regular screening for colorectal cancer starting at age 50. If you have a family history of colorectal cancer, you may need to be screened earlier. 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> Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medications for high blood pressure.				
<b>HIV Infection:</b> Talk with your health care team about HIV screening if any of these apply to you: you have had unprotected sex with multiple partners; use or have used injection drugs; have past or present sex partners who are HIV-infected, are bisexual or injects drugs; are being treated for a sexually transmitted disease; had a blood transfusion between 1978 and 1985; have any other concerns.				
<b>Osteoporosis:</b> Have a bone density test at age 65 to screen for osteoporosis (thinning of the bones). If you are younger than 65, talk to your doctor about whether you should be tested.				
<b>Overweight and 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://nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm">nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm</a>		Height: _____ Weight: _____ BMI: _____		

### Medicines To Prevent Disease

**Aspirin Therapy:** 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.

**Breast Cancer Drugs:** 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.

**Estrogen for Menopause (Hormone Replacement Therapy):** Do not use estrogen to prevent heart disease or other diseases. If you need relief from symptoms of menopause; talk with your health care team.

**Immunizations:** Stay up-to-date with your immunizations. Get a flu shot every year. If you are 65 or older, get a pneumonia shot. If you are younger, ask your doctor whether you need a pneumonia shot. Talk with your doctor or nurse about whether you need other vaccinations. You can also find which ones you may need by going to: [www2.cdc.gov/nip/adultimmsched/](http://www2.cdc.gov/nip/adultimmsched/).

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

**Please note:** In general, these services are fully covered. Please refer to your Member Benefits Guide to determine the exact co-payment for your plan.