Women's Preventive Health Checklist

Your birthday is a great reminder to schedule your annual visit. We have provided a checklist to use as a tool at your next appointment. The checklist may vary depending on your medical history and personal risk factors. Discuss the items with your physician to identify what is important for you. If you have any questions or health concerns, please contact your primary care physician's office directly.

Immunizations	
Annual Seasonal Flu Shot	
Pneumonia Vaccine (Age 65+)	
Zoster Immunization (Ages 50+ to prevent shingles)	
Tetanus Booster (Every 10 years)	
Screenings	
Colorectal Cancer (Ages 45-75)	
Osteoporosis (Age 65+)	
Blood Pressure	
Diabetes (HbAlc/Kidney Health Evaluation/Retinal)	
Breast Cancer (Every year ages 40-74)	
Body Mass Index (BMI)	
Vision Screening	
Hearing	
Infection Disease for Hep. C (Ages 18-79)	

Topics to Discuss	
Medications You Are Taking	
Lab Tests to Monitor Medications	
Fall Prevention	
Physical Exercise	
Emotional Well-Being	
Bladder Control	
Other appointments and/or specialist visits	
Alcohol and tobacco usage	
Sleep Regulation	
Dental Health	
Skin Care	
Emotional Well-Being/ Depression	
Other appointments and/or special visits	