

Your well-woman visit *young adult*

RECOMMENDED FOR EVERYONE YOUR AGE IF THIS APPLIES TO YOU

What to expect at your visit

GENERAL HEALTH

- Blood pressure check
- Depression & anxiety screening
- Alcohol, tobacco & substance-use screening
- Height, weight & BMI
- Cholesterol (lipid) baseline
- Bladder-control (incontinence) screening
- Safe-relationship & violence check

SEXUAL & REPRODUCTIVE HEALTH

- Birth-control & family-planning care
- Folic acid
if pregnancy is possible
- HIV test (at least once) & risk check
- Hepatitis C test (at least once)
- Chlamydia & gonorrhea testing
if sexually active
- STI-prevention counseling

CANCER SCREENING

- Cervical cancer (Pap) screening
begins at age 21
- BRCA1/2 family-history risk review

Vaccines for your age

ROUTINE FOR THIS AGE

- COVID-19
current vaccine
- Flu
every year
- Td/Tdap booster
every 10 years
- HPV
catch-up through age 26
- Hepatitis B
if not already vaccinated

If this applies to you — care

- Diabetes (blood sugar) screening
with risk factors
- Hepatitis B, syphilis or TB testing
if at higher risk
- HIV prevention medicine (PrEP)
if higher exposure
- Skin-cancer prevention counseling
fair skin, through 24

If this applies to you — vaccines

- MMR, chickenpox, hepatitis A
if not immune / at risk
- Meningococcal A or B
college, or higher risk
- Pneumococcal or shingles
if immune-compromised
- Mpox
if at higher risk