

Your well-woman visit *twenties & thirties*

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
- 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 at higher risk

CANCER SCREENING

- Cervical cancer (Pap/HPV) screening
every 3–5 years
- 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
- Hepatitis B
if not already vaccinated
- HPV
recommended through age 26

If this applies to you — care

- Diabetes (blood sugar) screening
overweight & 35+, or past gestational diabetes
- Healthy-diet & activity counseling
with heart-disease risk
- Hepatitis B, syphilis or TB testing
if at higher risk
- HIV prevention medicine (PrEP)
if higher exposure

If this applies to you — vaccines

- HPV
ages 27–45, shared decision
- MMR, chickenpox, hepatitis A
if not immune / at risk
- RSV
during pregnancy, in season
- Pneumococcal or shingles
if immune-compromised