

Your well-woman visit *healthy aging*

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) screening
- Fall-prevention check
- Bone-density (osteoporosis) scan
- Bladder-control (incontinence) screening
- Safe-relationship & violence check

SEXUAL & REPRODUCTIVE HEALTH

- Hepatitis C test (at least once)
- HIV risk check

CANCER SCREENING

- Breast cancer (mammogram)
discuss interval & stopping
- Colorectal cancer screening
through age 75
- BRCA1/2 family-history risk review

Vaccines for your age

ROUTINE FOR THIS AGE

- COVID-19
65+: at least 2 doses
- Flu
every year
- Td/Tdap booster
every 10 years
- Shingles
2 doses
- Pneumococcal
age 65+
- RSV
shared decision, 60–74

If this applies to you — care

- Diabetes (blood sugar) screening
overweight, through age 70
- Statin to prevent heart disease
through age 75 with risk
- Lung cancer screening
heavy smoker, through age 80
- Cervical screening
if not adequately screened before
- Hepatitis B, TB, healthy-diet counseling
if applicable

If this applies to you — vaccines

- Hepatitis B
with risk factors
- Hepatitis A; MMR or chickenpox
if not immune / at risk
- Meningococcal, mpox
if at higher risk