

AGES & STAGES:

In your 20s

A checklist for women's physical, mental, and sexual wellbeing



Schedule yearly well-woman exams with your provider for:

- Blood pressure checks
- Mental health check in
- Immunization updates
- General health review
- Prevention and screenings

Don't forget annual / biannual checkups for:

- Vision
- Dental

In your 20s, it's important to talk to your provider about:

BIRTH CONTROL - Discuss the different types of birth control available and which best suits your lifestyle and preferences. There are many options – your provider can help you determine what works for you!

SUPPLEMENTS - Ask about adding supplements such as iron and folic acid which are beneficial to women in their child-bearing years.

Important tests

- Cholesterol - *Every five years*
- Pelvic exams - *Every one to three years*
- Blood sugar tests - *Every two to three years*
- Pap smears - *Every three to five years based on your history and previous results*
- Skin check - *Once a year to screen for skin cancer*
- Human papillomavirus (HPV) test - *Every five years*

Continue these checkups throughout your 20s and into your 30s, as recommended by your provider.

