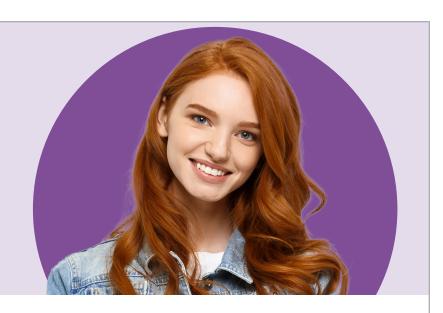
AGES & STAGES: In your 20s

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 benefical 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.

