

# AGES & STAGES:

## In your 30s

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 30s, it's important to talk to your provider about:

**REPRODUCTIVE HEALTH** - If you're interested in having kids, or not having kids, your provider can help assess your reproductive health and guide you if you're having trouble getting pregnant or explore your options for preventing pregnancy.

**SUPPLEMENTS** - If you haven't already, 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 30s and into your 40s, as recommended by your provider.

